

super Food Ideas

Dinnertime *made easy*

ONE-PAN STICKY
CHICKEN AND
'FRIED' RICE
PAGE 18

**GOODBYE
WASHING UP!**

**14 ONE-POT
DINNERS**

Simply the best
**OUR FAVOURITE
SUNDAY ROASTS
+ MATCHING SIDES**

365
recipes & tips!

Sweet as!
10 easy treats

BERRY
ICE-CREAM
JELLY PIE
p84

43

tested & trusted
meals your family will love



BACON-WRAPPED MEATLOAF
WITH ROAST VEGETABLES p45



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and with Green's it's so simple.
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colours or flavours, it's easy to
be a great baker with Green's.

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We love baking



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Green's Baking Australia

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August 2015

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Once you've cooked these Sunday roasts with matching sides they'll grace your dinner table for years to come.



Kim says:

This One-pan Sticky Chicken and 'Fried' Rice (p18) is all cooked together, so the flavours blend beautifully.

Using chicken on the bone keeps the meat juicy and tender.

RECIPE Kim Coverdale

PHOTOGRAPHY Guy Bailey

STYLING Kristen Wilson

FOOD PREP Amira Georgy





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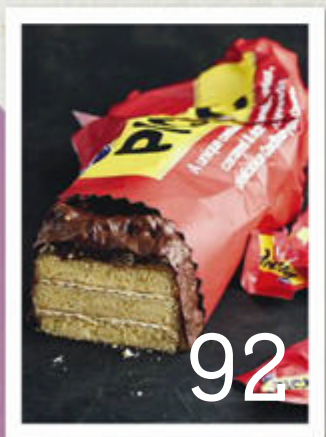
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Don't forget!

OUR SEPTEMBER 2015
ISSUE HITS STANDS
AUGUST 13 (AUSTRALIA)

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groceries they buy.



FIND OUT MORE

THINKEATSAVE.OZHARVEST.ORG



FAFF-FREE FOOD...

It's all about lowering stress levels and raising the standard of dinner on the table. With a twist, of course!



Regular readers of this magazine are well aware that we really just want to make your lives easier in the kitchen by inspiring you to cook with achievable recipes. And whether you're doing it for your family, friends, co-workers, school mums or the local community, you can take it as a given that the ingredients will be easy to find,

and the techniques ones you're familiar with. That doesn't mean that we don't stay on top of the latest trends. This issue you'll find our trademark mix of recipes with a twist, and totally new ideas.

Take the dishes from Kim's New Vegetarian story, p20. Apart from all the vibrant colours on the plate and the glorious photographs, the mix of flavours and the way she adds zing makes meat totally unnecessary. Or how about Claire's Half & Half sweets? Keeping up with the trends, we've given the whole 'mutant' food movement (ramen burgers or sushi tacos, anyone?) the *SFI* treatment by combining our favourite sweets. Fancy a two-tone Choc-chip Brownie and Peanut Butter Cookie (p84)? I know I did. Time and time again, just to make sure it worked. It did.

Rebecca

REBECCA COX, EDITOR



"THIS GORGEOUS DISH IS VEGETARIAN BUT NOT AS YOU KNOW IT. BYE-BYE BORING"

We're excited about:

- #1** The Best Roast Potatoes, p40, you're ever likely to eat. These super-easy to make, crunchy yet fluffy potatoes, may change your life!
- #2** One-pot recipes. All our weeknight meals, p44, are made in one pot or pan to save you lots of time and piles of washing up.
- #3** Vegan Chocolate Cake! When this cake, p88, came into the office (I know, I have the best job), it was moist, dense and delicious.

get in touch



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THE COVER UP

✚ One of the hardest parts of our job is trying to work out what recipe to put on the cover. Where do we start? Well, this month we knew it had to go with our one-pot theme.

✚ Kim came up with lots of great ideas but our favourite was the One-pan Sticky Chicken and 'Fried' Rice, p18.

✚ We loved it but we like to check with you so we asked our reader panel for their opinion. If you'd like to help us out, go to thinkspot.com.au and join in.



OUR COVER STAR:
ONE-PAN STICKY CHICKEN
WITH 'FRIED' RICE

pg 18

We thought we'd make it official! Look out for our new Tested and Trusted logo on features. They're tested by us, so you can trust our recipes work.



super Food Ideas

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NEXT MONTH

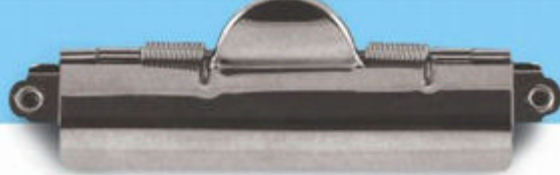
We're celebrating classic ingredients and fad-free trends, so you and your family can eat well and still enjoy all the good things in life.

Look out for:

+ The 10 Superfoods You're Already Eating takes everyday ingredients and highlights their nutritional benefits.

+ Cut back on unnecessary fats, sugars and salt with our 10 'real food' midweek meals that save you time without taking flavour shortcuts.

+ Smoothies and juices really pack a nutritious punch and our recipes blend the best of new flavours and ingredients.



tips and tricks from the TEST KITCHEN



Kim says: Join us as we discover the story behind hush puppies, bust some food myths and have fun making movies!



CHECK OUT AMIRA'S CREOLE RECIPES STARTING ON PAGE 72

ON THE BAYOU

This month, we went on a culinary trip — via the internet and books — to Louisiana to find out about Creole cooking for our Friends Over dinner party on page 72. Here are a few fun facts we learnt about the cuisine along the way:

1 Creole is the cuisine of Louisiana, in particular New Orleans. It's a mix of the cooking styles of African slaves, the French founders of the city, indigenous Native Americans, Spanish colonists and populations of Caribbean and Portuguese people.

2 Rice and chilli (used in the iconic jambalaya, p79) came from Africa. Sassafras, which is used traditionally as a thickening agent in maque choux is a native ingredient introduced by the indigenous people. The Spanish and subsequent Europeans brought with them tomatoes and citrus.

3 What's in a name? Hush puppies, left, are small polenta dumplings. One explanation for their name is that civil war soldiers used to throw them to the dogs to stop them barking, calling 'hush puppy!'. And what of the classic Creole dessert Chess Pie, p80? Some say its name originated as it was served to gentlemen when they retreated to play chess at the end of the evening. Others say it's a misunderstanding of Southern drawl — 'it's jes' pie' (it's just pie).

HACKCRACKERS

We love a good shortcut, but only if they work! Here are some food hacks to back and others you can scrap.

+ MYTH Ice-cream scoops make perfectly round pikelets and cupcakes.

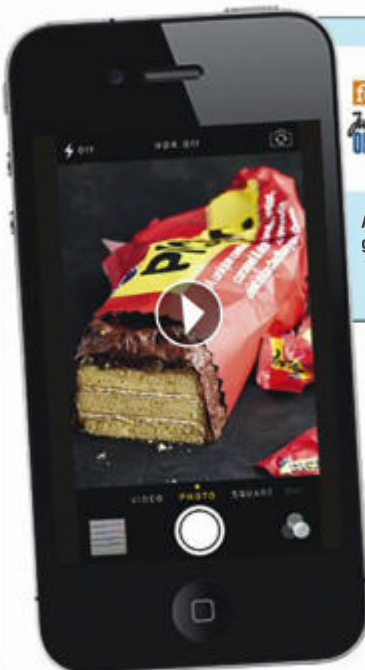
WORTH A TRY Yep, this one's true, measuring out dough and batter this way makes for evenly sized outcomes.

+ MYTH Store cookies with an apple wedge in an airtight container to keep cookies moist and chewy for longer.

BUSTED Nah-ah! Cookies start to soften naturally from the moment they're made, so there's no need for the apple.

+ MYTH Use the edge of a teaspoon, rather than a knife, to peel ginger.

WORTH A TRY This hack is most effective for really fresh, young ginger because its skin is thin and tender.



All the tiny tweaks that go into shooting a cover were revealed in our June behind-the-scenes video.



Still can't master the perfect drizzle? Watch our stylist, Kristen, show you how it's done on these fluffy pancakes.

Press play

If tips and tricks weren't enough, we've set up a GoPro Hero4 camera at our shoots so you can get a behind-the-scenes view at all that goes on. This month watch as our Giant Picnic Cake (p92) comes to life, as well as other recipes, by heading over to our Facebook or Instagram page. You can also find the link to our new YouTube channel!

**"THESE ABCD MUFFINS
WERE SUPER EASY"**



@ Cool for school

I immediately jumped to it when I saw the ABCD muffins (June, p92). I knew I had an apple left in the refrigerator and some ripe bananas in the freezer, plus it was a great excuse to use up some of the excess dried figs from Christmas (they make a great substitution for the dates). They were super easy and turned out really well!
Katherine Chew, via email

@ SWEET TOOTH

My 11-year-old daughter was so excited to make the Chocolate Puddings with Salted Caramel Filling (p89) all by herself. She has a sweet tooth and loves to bake and make desserts for her friends and family, so as soon as she saw this recipe in the June issue, it just had to happen! They were delish!
Emily Sawyer, via email

your food ideas

Like something? Hate something?
Cooked something? Took a picture of it?
We love all your feedback!



My own nanna's kitchen

When I was younger, my nanna used to pickle alot and gift them to family, friends and neighbours. When I saw the Beef Fajitas with Avocado, Fetta and Pickled Onion (July, p65) I called her straight away to say we have to make the recipe together. It was so much fun!
Kate Delaney, via Instagram

*get in
touch*



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Did you miss any of these recipes?



Whether it was the Easy Butter Chicken Rice Pie from July 2013 or the Choc-chip Banana Bread from February 2014, everyone has a favourite *Super Food Ideas* recipe. And now it's easy to download past issues and relive your favourite meals.

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Express Digital Multi
Cooker, \$129.95.

Entries open 9/7/15 and close 12/8/15.
Australian residents only. Winners
selected 19/8/15 at NewsLifeMedia.
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OUR RECIPES...

With fun and flavoursome vegetarian dishes, one-pan throw-together dinners and twice-as-nice desserts, this month's meal plan is better than ever!

COVER RECIPE

*Kid friendly,
cheap as chips
and less mess!
We're a fan!*

One-pan Sticky
Chicken and
'Fried' Rice

18

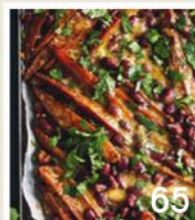
SIDES, STARTERS, SALADS & SNACKS



Baby Carrot Chips
with Basil, Chilli and
Pecorino Gremolata



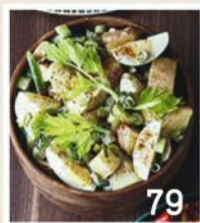
Best-ever Potato
Chips



Cheesy Sweet Potato
Wedges



Corn Maque
Choux



Creole Potato
Salad



Crispy-fried Chippies
with Aioli and Chilli
Sauce



Curly Carrot Fries



Fennel-roasted
Beetroot and Cabbage



Hush Puppies



Maple-roasted
Pumpkin and Baby
Carrots



Parsnip, Leek and
Thyme Chips



Roasted Cauliflower
and Broccolini with
Lemon and Pine Nuts



Spice-roasted Beetroot
and Pumpkin Chips with
Roasted Garlic Yoghurt



The Best Roast
Potatoes



Warm Crab Dip

POULTRY



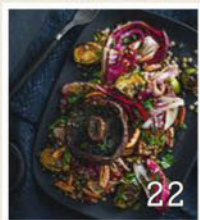
Creamy Chicken and
Spinach Shell Bake



Easy Coq Au Vin



Bibimbap-style Rice
Bowl



Lentils and Crispy
Brussels Sprouts with
Roasted Mushroom



Potato and Broccoli
Hash



Roasted Sweet Potato
with Caramelised Garlic
and Spiced Chickpeas



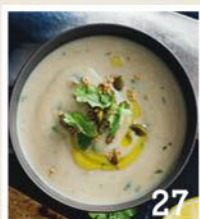
Layered Chicken,
Lemon and Risoni Bake



Slow-roasted Lemon
and Paprika Chicken



Roasted Vegetable Tart
with Sesame Sprinkle



Spiced Cauliflower
and Tahini Soup



Spicy African-style
Vegetable Stew



Warm Beetroot and
Chilli Pumpkin Pearl
Couscous Salad

VEGETARIAN

FISH & SEAFOOD



Blackened Fish with Creole Sauce



Chicken and Prawn Jambalaya



Thai Yellow Curry Seafood Chowder

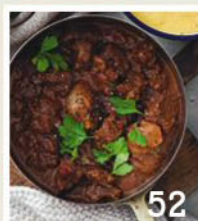
BEEF, PORK & LAMB



Bacon-wrapped Meatloaf with Roast Vegetables



Beef and Red Wine Pot Roast



Beef Stifado



Cauliflower Pizzas with Pumpkin and Prosciutto



Cheat's Beef and Mushroom Ragu



Moussaka Pasta Bake



One-pot Hearty Ham and Bean Soup



One-pot Lamb and Pea Stew



Quick Sausage, Lentil and Tomato Stew



Roast Lamb with Caramelised Garlic and Fresh Mint Sauce



Roast Pork with Chunky Apple and Sage Sauce



Speedy Cassoulet



Spicy Beef and Tomato Ragu

SOMETHING EXTRA



Cheat's Slow-roasted Tomatoes



Creole Seasoning



Mint Julep

SWEETS



Berry Ice-cream Jelly Pie



Choc-chip Brownie and Peanut Butter Cookies



Lemon Chess Pie



Lemon Coconut Cheesecake Cupcakes



Panna Cotta and Jaffa Mousse with Boozy Strawberries



Red Velvet Cheesecake Swirl Brownie



Rita's Plum Torte



Taco Time!



Vegan Chocolate Cake

CAKE TIME!

Bigger is better, but that's not enough for us in the ST7 office. We made our kids' party cake giant, so there's more to go nuts over and more to share!

Giant Picnic Cake



Healthy kitchen



Claire says: It's all good... and good for you. Find out about black rice and all its benefits, why you should eat more dairy and the new vegetarian dishes that make meatless days easy



ROASTED SWEET POTATO WITH SPICED CHICKPEAS

pg 22



BEETROOT AND PUMPKIN PEARL COUSCOUS SALAD

pg 23



POTATO AND BROCCOLI HASH

pg 23



SPICED CAULIFLOWER AND TAHINI SOUP

pg 27

Vegetables ain't vegetables

With eight and a half serves of vegetables per serve, Kim's Roasted Sweet Potato with Caramelised Garlic and Spiced Chickpeas is not only colourful and flavoursome, it's clearly good for you, too! Our New Vegetarian recipe feature, p20, elevates the humble vegetable from side dish to main attraction. And by highlighting produce at its seasonal peak, the ingredients are also at their height nutritionally.

BLACK RICE Showcased in our Bibimbap-style Rice Bowl, p28, this rice has a chewy texture and rich, nutty flavour. Research by Louisiana State University has found that black rice has a high level of an antioxidant called anthocyanin, which is thought to help prevent heart disease.



Recipe know-how:

- + We use Australian standard measures.
- + In liquid measures, 250ml = 1 cup.
- + Dry ingredients are measured in level 1 cup, ½ cup, ⅓ cup and ¼ cup measures.
- + 1 tablespoon = 20ml (note NZ, US and UK tablespoon = 15ml).
- + 1 teaspoon = 5ml.
- + We use 59g to 60g eggs.
- + We use 1100 watt microwaves, unless otherwise specified.

Nutrition know-how:

- + **GLUTEN-FREE** contains no wheat, oats, rye or barley.
- + **HEART FRIENDLY** low-saturated fat, high fibre, lower sodium with heart-friendly fats.
- + **DIABETES FRIENDLY** low-saturated fat, high fibre (not for desserts), lower sodium with lower-GI carbs.
- + **LOWER GI** contains foods with slowly digesting carbohydrate(s), which produce a lower rise in your blood sugar level.
- + **HEALTHY** saturated fat must be < 6g; kilojoules < 3000kJ; sodium < 800mg.
- + **HIGH FIBRE** contains > 5g of fibre per main meal.

	LOW FAT	LOW SAT FAT	LOWER SODIUM	LOW KILOJOULE
Main meal	< 15g	< 6g	< 600mg	< 2000kJ
Side dish	< 8g	< 3g	< 400mg	< 1000kJ
Light meal	< 10g	< 4g	< 400mg	< 1500kJ
Snack/dessert	< 5g	< 2g	< 200mg	< 600kJ

Tags:

- + Look out for THE INFO tag on recipes to find nutrition information and costings.

THE INFO

- + **LOW SODIUM**
- + **HIGH FIBRE**

\$0.00
PER SERVE

X
SERVES OF
VEGIES

3-9 August

is **Healthy Bones Action Week** so mark it in your calendar! Healthy Bones Week is in its 21st year.

2 IN 3 AUSSIES

over the age of 50 are affected by poor bone health (osteoporosis or osteopenia).

91.2% of women aged 51-70 fail to meet their daily calcium requirement of 4 serves of dairy per day.

1 SERVE of dairy is equal to either 1 cup of milk, 2 (40g) cheese slices, 200g tub yoghurt or 120g ricotta.

SOURCE: DAIRY AUSTRALIA

To serve and protect

Ever wondered how much we mean by 'to serve'? Wonder no more - our nutrition analyses are based on the following amounts for four people.

RICE = 4 cups cooked rice

PASTA = 375g uncooked dried pasta

COUSCOUS = 3 cups cooked couscous made with water

MASHED POTATO = 800g peeled and boiled desiree potatoes, 20g butter and 2 tablespoons full-fat milk

BREAD = 4 x 50g slices crusty white bread or 4 x 70g slices sourdough bread

PARMESAN CHEESE = ⅓ cup finely grated

SALAD LEAVES, BABY ROCKET OR BABY SPINACH = 80g

SOUR CREAM = ⅓ cup

LEMON OR LIME WEDGES = 1, cut into wedges

TOMATO SAUCE, BARBECUE SAUCE OR SWEET CHILLI SAUCE = ⅓ cup

GRAVY = 1 cup instant gravy

PLAIN GREEK-STYLE YOGHURT = ⅓ cup

DOUBLE CREAM = ⅓ cup

WHIPPED CREAM = ½ cup pure cream, whipped

CUSTARD = 1 cup

CHOCOLATE CURLS OR GRATED CHOCOLATE = 40g

ICE-CREAM = 4 x 45g scoops vanilla ice-cream

Email questions about our recipes to superfoodideas@news.com.au



In Season THIS MONTH'S BEST

TANGELO

KOHLRABI

WITLOF

JERUSALEM
ARTICHOKE

CUMQUAT

Tangelo A cross between a mandarin and a grapefruit, tangelos are juicy and sweet, perfect as lunchbox fillers. They're also quick to peel, thanks to their distinct knob or handle at the stem, and the segments separate easily. Like other citrus fruits, tangelos are rich in vitamin C and fibre.

PERFECT PARTNERS Duck, cinnamon, ginger, poached chicken, fennel, basil.

QUICK IDEA: For a tangelo vinaigrette, juice the fruit and combine with extra virgin olive oil, white wine vinegar and basil.

Kohlrabi Part of the cabbage family, kohlrabi can be eaten raw or cooked. It has a mild, sweet flavour with a crunchy texture, making it great for salads. Avoid large kohlrabi as they can be tough.

PERFECT PARTNERS Fennel, basil, walnuts, apple, potato, beef, chicken.

QUICK IDEA For a new slaw, cut kohlrabi into matchsticks, toss with grated carrot, red cabbage and red onion, and dress with an apple cider vinaigrette.

Witlof Available in both red and yellow varieties, witlof has a slightly bitter flavour and crisp texture. Fill individual

leaves with dips for an easy party canape.

PERFECT PARTNERS Blue cheese, thyme, smoked salmon, walnuts, white wine.

QUICK IDEA Sauté witlof in a pan with butter and garlic, then braise in white wine.

Cumquat A small, orange-coloured citrus fruit with a sweet rind and very sour flesh, cumquats can be popped straight in the mouth for a flavour sensation, or used to make jam or marmalade.

PERFECT PARTNERS Duck, pork, cinnamon, star anise, chilli, vanilla ice-cream.

QUICK IDEA Simmer chopped cumquats with cinnamon, honey, ginger and garlic until soft and serve with pork or duck.

Jerusalem artichoke

A relative of the sunflower, not the globe artichoke, these knobbly tubers look a bit like ginger. They have a nutty flavour and can be used in much the same way as potato or parship. To make peeling easier, trim off any large bumps first.

PERFECT PARTNERS: Cream, butter, lamb, bacon, thyme, leek, potatoes.

QUICK IDEA: Boil with potato, stock, onion and leek, then purée with cream for soup. ■

MUESLI

Looking for some 'oat' couture? Here are our five faves this month



1 Thankyou Almond & Cranberry Muesli, \$5.15

This muesli not only tastes amazing, with juicy dried cranberries and crunchy almonds and cashews, but with every pack sold Thankyou provides one week's worth of food to someone in need. A muesli that's good for you and the world!



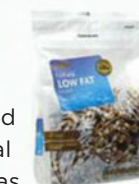
2 Carman's Classic Fruit & Nut Muesli, \$5.67

The roasted nuts, seeds and coconut in this oven-baked muesli makes it super crispy and golden in colour. Don't be surprised if you find yourself craving it for breakfast, lunch and dinner!



3 Coles Natural Low Fat Muesli, \$3.85

While 'fat free' can be synonymous with bland and tasteless, this Coles natural muesli is an exception. It has a generous amount of dried fruit and is the perfect base for Bircher muesli.



4 Monster Berry Muesli, \$6.95

With lots of dried blueberries, strawberries and cranberries, this berrylicious muesli has a sweet taste, but won't leave you with a toothache! And, with no wheat or nuts, it's also allergy friendly.



5 Kellogg's All-Bran High Fibre Muesli, \$5.12

Unlike some other bran-based cereals, this muesli is worth jumping out of bed for! Crispy bran shreds are mixed with rolled oats, dried cranberries and apple, and pepita seeds, so you can still get more fibre without compromising on taste. Talk about a win-win!



SUPER SPY

The latest on what the team's eating, buying and loving this month

1



2



3



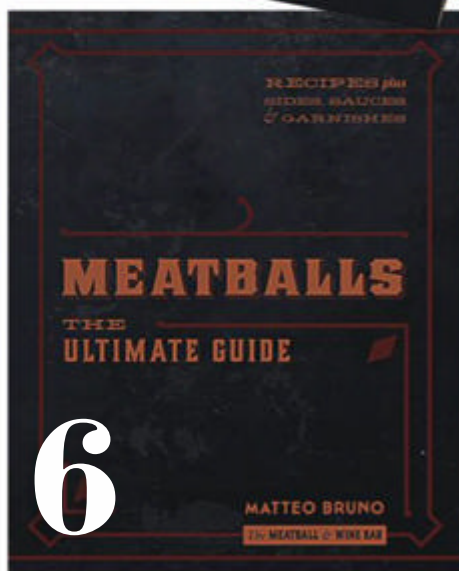
4



5



6



1 We should be so lucky
When food editor Kim gave two thumbs up to the new **Cooking with Kylie** range, from \$4.99, we couldn't cancel our dinner plans soon enough. Created by Sydney restaurateur Kylie Kwong, the range is inspired by her family recipes. Find the full offering, including ready-to-eat meals, kits and sauces, at Woolworths.

2 Get the scoop
Peanut butter fudge ice-cream. Need we say more? Oh, only that this latest concoction from **Harry's Ice Cream Co** recently won silver at the 2015 DIAA Australian Dairy Product Competition, and waiting until warmer weather to try it is not an option! Find the 475ml tub at Woolworths for \$4.99.

3 Little bites
As fans of Abe's Bagel Crisps since they first launched in Australia, it was no surprise we crunched our way through **Abe's Bagel Bites** in no time at all. Great for kids, the two flavours – Pizza and Sour Cream & Chives – come in snack-friendly 15g packs. Available in multi-packs of eight for \$3.99, you'll find them in the chips aisle at Woolworths.

4 Tuck in
It's famous for its crackers, and now **Tucker's Natural** has created a range of fruit pastes, \$4.99, that really brightens up a cheese board, or can add sweetness to marinades, sauces and dressings. With four flavours to try – Quince, Spiced Cherry, Blackcurrant & Raspberry, and Mango & Passionfruit – you'll find them at Woolworths and Coles.

5 The best excuse
If you're looking for the right time to invite your friends or family over for a night of wining and dining, the time has come! During August and September, **Camp Quality's Dine at Mine** campaign encourages people to host a night of feasting, and ask their guests to donate to Camp Quality to help raise money for kids living with cancer. For more information, or to register, visit dineatmine.org.au.

6 Roll with it
Love your meatballs? Thanks to Matteo Bruno's **Meatballs** (\$35, Murdoch Books) you can have a different meatball for every occasion! With over 60 meatball recipes to try, plus more for *sotto pelle* (what goes underneath), garnishes and sauces, so you can mix and match for endless combinations.

ONE-POT WONDER



Kim says: Sticky Chinese chicken and 'fried' rice cooked in the same pan in the oven? Yes sir, no stir, four plates full!

ONE-PAN STICKY CHICKEN AND 'FRIED' RICE

SERVES 4

PREP 20 MINUTES
(PLUS 4 HOURS MARINATING)

COOK 1 HOUR 20 MINUTES

¼ cup light soy sauce
¼ cup honey
1 teaspoon finely grated lemon rind
2 tablespoons lemon juice
1 teaspoon sesame oil
2 garlic cloves, crushed
8 small chicken thigh cutlets
(skin on), trimmed
1 tablespoon vegetable oil
1 brown onion, cut into thin wedges
2 celery stalks, finely chopped
1 carrot, finely chopped
2cm piece fresh ginger, finely grated
2½ cups chicken stock
1½ cups jasmine rice
½ cup frozen peas
2 green onions, diagonally sliced
Fresh coriander sprigs, to serve

1 Combine soy sauce, honey, lemon rind and juice, sesame oil and ½ the garlic in a jug. Place chicken in a large, shallow glass or ceramic dish. Pour over marinade. Turn

to coat. Cover. Refrigerate for 4 hours, or overnight, turning chicken occasionally.

2 Preheat oven to 180°C/160°C fan-forced.

3 Remove chicken from marinade. Pat dry with paper towel. Heat oil in a large 30cm round (12-cup-capacity) flameproof, ovenproof dish over medium heat. Cook chicken, turning, for 3 minutes or until browned all over. Transfer to a plate.

4 Add onion to dish. Cook, stirring, for 3 minutes. Add celery and carrot. Cook, stirring occasionally, for 3 minutes or until just starting to soften. Add ginger and remaining garlic. Cook for 1 minute or until fragrant. Stir in stock.

5 Return chicken to dish. Cover with lid or tightly with foil to prevent steam escaping. Bring to the boil. Carefully transfer dish to oven. Bake for 40 minutes. Remove lid or foil. Transfer chicken to a plate. Stir in rice. Cover. Bake for a further 10 minutes. Stir in peas. Return chicken to dish.

6 Bake, uncovered, for 15 to 20 minutes or until chicken is browned and cooked through and rice is tender. Serve topped with green onion and coriander.

NUTRITION: (per serve) 3315kJ; 31.8g fat; 9.8g sat fat; 44g protein; 81.2g carbs; 4.3g fibre; 158mg chol; 2081mg sodium. ■



ONE-PAN STICKY
CHICKEN AND
'FRIED' RICE

THE INFO

+ CLASSIC MAKEOVER
 + KID-FRIENDLY
 + ONE PAN

\$3.71
PER SERVE





The new

VEGETARIAN



Kim says: Thought vegetarians only ate salad? Think again! These hearty and filling vego dishes will leave the most dedicated meat eater feeling satisfied

ROASTED SWEET
POTATO WITH
CARAMELISED GARLIC
AND SPICED CHICKPEAS

THE INFO

+ HEART FRIENDLY
+ VEGETARIAN

\$6.00
PER SERVE

8.5
SERVES OF
VEGIES



LENTILS AND CRISPY
BRUSSELS SPROUTS
WITH ROASTED
MUSHROOM

THE INFO

+ GLUTEN FREE
+ HIGH FIBRE
+ VEGETARIAN



ROASTED SWEET POTATO WITH CARAMELISED GARLIC AND SPICED CHICKPEAS

SERVES 4

PREP 15 MINUTES COOK 55 MINUTES

- 4 (1kg) small sweet potatoes, scrubbed, halved lengthways
- 2 red capsicum
- 2½ tablespoons extra virgin olive oil
- 600g cauliflower, cut into florets
- 1 bulb garlic, halved crossways
- 250g cherry tomatoes
- 400g can chickpeas, drained, rinsed
- 2 tablespoons sunflower seeds
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 2 tablespoons fresh coriander leaves
- 2 tablespoons fresh flat-leaf parsley leaves
- 1 tablespoon thinly sliced preserved lemon rind

- 1 Preheat oven to 220°C/200°C fan-forced. Line 2 large baking trays with baking paper.
 - 2 Place sweet potato, cut-side up, and capsicum on 1 tray. Drizzle with 1 tablespoon oil. Season with salt and pepper. Roast for 20 minutes.
 - 3 Place cauliflower and garlic on remaining prepared tray. Drizzle with 1 tablespoon remaining oil. Roast with sweet potato and capsicum for a further 20 minutes. Add tomatoes to cauliflower tray. Roast for a further 15 minutes or until tomatoes have collapsed and vegetables are tender. Carefully transfer capsicum to a snap-lock bag. Seal bag. Set aside for 5 minutes.
 - 4 Meanwhile, heat remaining oil in a small frying pan over medium-high heat. Add ½ the chickpeas, sunflower seeds, cumin and paprika. Cook, stirring, for 2 to 3 minutes or until fragrant and chickpeas are golden.
 - 5 Using a small food processor, process remaining chickpeas, tahini, lemon juice and ½ cup water until smooth and combined. Season with salt and pepper.
 - 6 Carefully cut tops off capsicum. Peel away skin and discard seeds. Thickly slice. Place sweet potato on plates with garlic cloves. Top with cauliflower, tomato and capsicum. Drizzle with tahini dressing. Sprinkle with chickpea mixture, coriander, parsley and preserved lemon. Serve.
- NUTRITION:** (per serve) 2146kJ; 22.9g fat; 2.8g sat fat; 17.3g protein; 51.7g carbs; 14g fibre; 0mg chol; 405mg sodium.



ROASTED SWEET POTATO WITH CARAMELISED GARLIC AND SPICED CHICKPEAS

THE INFO

+ HEART FRIENDLY
+ VEGETARIAN

\$6.00
PER SERVE

8.5
SERVES OF VEGIES

LENTILS AND CRISPY BRUSSELS SPROUTS WITH ROASTED MUSHROOM

SERVES 4

PREP 15 MINUTES COOK 35 MINUTES

- 250g Brussels sprouts, trimmed, halved
- 2 eschalots, cut into wedges
- 2½ tablespoons extra virgin olive oil
- 4 large portobello mushrooms
- 25g butter, finely chopped
- 1 teaspoon fresh thyme leaves
- ½ cup dried French-style puy lentils, washed
- ½ cup pecans, halved
- 1 small radicchio, leaves torn (see Kim's tip)
- 1 garlic clove, thinly sliced
- 2 tablespoons cider vinegar
- 2 tablespoons chopped fresh flat-leaf parsley, plus extra to serve

- 1 Preheat oven to 220°C/200°C fan-forced. Line 2 large baking trays with baking paper.
- 2 Place sprouts and eschalot on 1 prepared tray. Drizzle with 1 tablespoon oil. Season with salt and pepper. Place mushrooms on remaining prepared tray, stem-side up.

Drizzle with 1 tablespoon remaining oil. Sprinkle butter on mushrooms. Top with thyme and season with salt and pepper.

- 3 Roast vegetables for 25 minutes or until sprouts are golden and crisp and mushrooms are tender and a buttery sauce has formed inside mushrooms.
 - 4 Meanwhile, cook lentils following packet directions. Drain.
 - 5 Heat remaining oil in a large frying pan. Add pecans. Cook, stirring, for 2 minutes or until toasted. Add radicchio and garlic. Cook, tossing occasionally, for 3 to 4 minutes or until radicchio just starts to wilt. Add lentils, sprouts and eschalot. Drizzle with vinegar. Season with salt and pepper. Toss to combine. Stir in parsley.
 - 6 Spoon lentil mixture onto plates. Top with a mushroom, keeping butter sauce inside. Serve sprinkled with extra parsley.
- NUTRITION:** (per serve) 1560kJ; 27.4g fat; 5.7 sat fat; 11.8g protein; 10.7g carbs; 12.2g fibre; 9mg chol; 235mg sodium.

LENTILS AND
CRISPY BRUSSELS
SPROUTS WITH
ROASTED
MUSHROOM

THE INFO

+ GLUTEN FREE
+ HIGH FIBRE
+ VEGETARIAN

50

\$2.77
PER SERVE



2.5
SERVES OF
VEGIES

WARM BEETROOT
AND CHILLI
PUMPKIN PEARL
COUSCOUS SALAD

THE INFO

+ HIGH FIBRE
+ LOWER SODIUM
+ VEGETARIAN

\$4.42
PER SERVE

6
SERVES OF
VEGIES

WARM BEETROOT AND CHILLI PUMPKIN PEARL COUSCOUS SALAD

SERVES 4

PREP 20 MINUTES

COOK 40 MINUTES

- 1.2kg kent pumpkin, seeded, unpeeled, cut into 8 wedges
- 2 small red onions, peeled, halved crossways
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon dried chilli flakes
- 1 bunch beetroot, trimmed, peeled, quartered (see Kim's tip)
- 250g packet pearl couscous (see Kim's tip)
- 2 cups boiling water
- ½ small bunch silverbeet, stems removed, leaves roughly chopped
- 1½ cups frozen broad beans
- 100g fetta, crumbled
- 2 tablespoons pine nuts, toasted
- Warm Honey Mustard Dressing**
- 2 tablespoons extra virgin olive oil
- 1 teaspoon wholegrain mustard
- 2 tablespoons red wine vinegar
- 1 tablespoon honey

- 1 Preheat oven to 220°C/200°C fan-forced. Line 2 large baking trays with baking paper.
- 2 Place pumpkin on 1 tray. Add onion, cut-side up. Drizzle with ½ the oil. Season with salt and pepper. Sprinkle pumpkin with chilli flakes. Place beetroot on remaining tray. Drizzle with remaining oil. Season with salt and pepper.
- 3 Roast for 30 minutes or until pumpkin is golden and beetroot is tender.
- 4 Meanwhile, place couscous and boiling water in a large saucepan over high heat. Cover. Bring to the boil. Reduce heat to low. Simmer for 8 minutes or until tender and liquid has absorbed. Remove lid. Stand for 2 minutes.
- 5 Bring a large saucepan of water to the boil over medium-high heat. Cook silverbeet for 2 minutes or until just wilted. Using a slotted spoon, transfer to a sieve over a bowl. Cook broad beans in same saucepan for 2 minutes or until tender. Drain. Peel broad beans and discard skins.
- 6 **Make Warm Honey Mustard Dressing** Place oil, mustard, vinegar and honey in a small saucepan over medium heat. Cook,

stirring occasionally, for 2 to 3 minutes or until heated through.

7 Combine couscous, silverbeet and broad beans in a large bowl. Drizzle with half the dressing. Season with salt and pepper. Toss well to combine. Serve couscous topped with beetroot, pumpkin wedges and onion, drizzle with remaining dressing and sprinkle with fetta and toasted pine nuts.

NUTRITION: (per serve) 2698kJ; 30.5g fat; 6.8g sat fat; 18g protein; 75g carbs; 6g fibre; 16mg chol; 507mg sodium. >



Kim says:

+ FOR THE LENTILS AND CRISPY BRUSSELS SPROUTS: You can use red cabbage or witlof instead of the radicchio.

+ FOR THE WARM BEETROOT SALAD: Don't forget to wear disposable gloves when peeling the beetroot to prevent staining your hands.

+ Pearl couscous can be found in the pasta aisle next to the regular couscous.



POTATO AND
BROCCOLI HASH

THE INFO

- + GLUTEN FREE
- + HEART FRIENDLY
- + VEGETARIAN

\$2.92
PER SERVE



6
SERVES OF
VEGIES



POTATO AND BROCCOLI HASH

SERVES 4

PREP 15 MINUTES

COOK 50 MINUTES

500g baby red delight potatoes

1 tablespoon vegetable oil

1 red onion, sliced

½ medium eggplant, cut into 1cm thick slices, chopped

1 red capsicum, chopped

1 head broccoli, trimmed, cut into florets

2 teaspoons garam masala

½ teaspoon chilli powder

2 garlic cloves, finely chopped

¼ teaspoon ground turmeric

2 teaspoons cumin seeds

8 fresh curry leaves

400g can chopped tomatoes

2 tablespoons chopped fresh coriander

4 eggs

Micro sorrel, to serve

1 Place potatoes in a large saucepan. Cover with water. Bring to the boil over high heat. Boil for 8 to 10 minutes or until just tender. Drain. Roughly chop.

2 Heat oil in a large deep frying pan over medium-high heat. Cook onion, stirring occasionally, for 5 minutes or until tender. Add eggplant and capsicum. Cook for 10 minutes or until tender

and charred. Cut broccoli florets into 1cm thick slices. Add potato and broccoli to pan. Cook for 5 minutes. 3 Add garam masala, chilli, garlic, turmeric, cumin and curry leaves. Cook for 1 minute. Stir in 1 cup water and tomatoes. Season with salt and pepper. Bring to the boil. Reduce heat to low. Simmer for 10 minutes or until thickened. Stir in coriander. 4 Make 4 holes in the top of mixture. Crack 1 egg into each hole. Cook, covered, for 4 to 5 minutes or until egg whites are just set, but yolks are still soft. Serve sprinkled with micro sorrel (see ingredient box).

NUTRITION: (per serve) 1176kJ; 10.9g fat; 2.2g sat fat; 15.1g protein; 26.9g carbs; 8.6g fibre; 187mg chol; 170mg sodium. >

Ingredient:

Micro sorrel is available in small punnets in the fruit and vegetable section of supermarkets. It has a unique citrus flavour, which works well with the spices in this recipe. You can use other fresh herbs such as coriander or parsley, if you prefer.

S&B®

OISHII WASABI SECRET No.45 SNACKS

Wasabi goes way beyond a sushi topping, so we're sharing our secret recipes with you. Shh, don't tell anyone!



Evenly shaped eggplants are ideal

Oishii Snacks Serves 4

Ingredients

- 560g eggplants, cut into 1.5cm rounds
- Olive oil
- Spring onions, thinly sliced, to serve
- White & black sesame seeds, toasted, to serve
- **Wasabi Miso Paste**
 - 3 tbsp white miso
 - 1 ½ tbsp S&B Wasabi Paste
 - 3 tbsp mirin seasoning
 - White sesame seeds, toasted

Method

1. Heat oil in fry pan, slightly brown both sides of eggplant rounds & set aside.
2. In a bowl, mix ingredients for wasabi miso paste & whisk well.
3. Pre-heat oven to 220°C, brush top of eggplant rounds with paste & grill for 20-25 mins.
4. Garnish with spring onions & sprinkle with toasted white sesame seeds, serve.

Available in the Asian food section of selected leading supermarkets & Asian grocery stores.

www.oriental.com.au



SPICED CAULIFLOWER
AND TAHINI SOUP

THE INFO

+ GLUTEN FREE
+ HIGH FIBRE
+ LOW SATURATED FAT
+ VEGETARIAN

\$2.96
PER SERVE



5.5
SERVES OF
VEGIES

SPICED CAULIFLOWER AND TAHINI SOUP

SERVES 4

PREP 15 MINUTES

COOK 1 HOUR 10 MINUTES

1 head (1.2kg) cauliflower, trimmed
2½ tablespoons extra virgin olive oil
1 brown onion, chopped
2 celery stalks, chopped
500g potatoes, peeled, chopped
¼ teaspoon chilli powder
1 tablespoon ground coriander
2 garlic cloves, quartered
2 cups vegetable stock
¼ cup tahini
2 tablespoons pepitas
2 teaspoons sesame seeds
2 tablespoons lemon juice
¼ cup chopped fresh coriander, plus extra to serve
Extra virgin olive oil and 2 large Lebanese bread rounds, chargrilled, to serve

1 Preheat oven to 220°C/200°C fan-forced. Place whole cauliflower on a baking tray lined with baking paper. Drizzle with 1 tablespoon oil. Roast for 20 minutes or until golden and just tender. Stand for 2 minutes. Roughly chop.
2 Heat 1 tablespoon remaining oil in a large saucepan over medium heat. Cook onion, stirring occasionally, for 5 minutes or until starting to soften. Add celery, potato and cauliflower. Cook, stirring

occasionally, for 10 minutes or until vegetables start to soften.

3 Increase heat to high. Add chilli, ground coriander and garlic. Cook, stirring, for 2 minutes or until fragrant. Add stock and 3 cups water. Stir to combine. Season with salt and pepper. Cover. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 30 minutes or until potato is tender. Remove from heat. Stand for 5 minutes. Add tahini to soup. Using a stick blender, blend soup until smooth (see note).

4 Heat remaining oil in a small frying pan over medium-high heat. Cook pepitas and sesame seeds for 2 to 3 minutes or until sesame seeds are golden. Transfer to a plate lined with paper towel to drain.
5 Stir in lemon juice and coriander. Drizzle soup with oil and sprinkle with pepita mixture and extra coriander. Serve with Lebanese bread.

NUTRITION: (per serve) 2255kJ; 28.4g fat; 3.9g sat fat; 17g protein; 48.3g carbs; 11.1g fibre; 0mg chol; 1018mg sodium. >

Cook's note:

Make soup to the end of step 3 up to 2 days ahead. Store in an airtight container in the fridge. To reheat, place soup in a saucepan over medium-high heat until hot, and continue with steps 4 and 5 of the recipe.

S&B®

GOLDEN CURRY JAPAN'S SOUL FOOD

Since the late 1800's, curry has been a hugely popular dish in Japan, with most people eating it at least once a week. But the best part about it? It's really easy to make. All it takes is veg, meat or seafood, water and S&B Golden Curry. You'll have a unique curry in no time. The perfect winter warmer.



Serving Tip
Add whatever veg you have in the fridge!

For this Golden Curry recipe & other S&B recipes visit www.oriental.com.au



Available in the Asian food section of selected leading supermarkets & Asian grocery stores.

BIBIMBAP-STYLE RICE BOWL

SERVES 4

PREP 25 MINUTES COOK 25 MINUTES

1 cup black rice (see Healthy Kitchen, p 14)

300g firm tofu, cut into 1cm thick slices

3cm piece fresh ginger, finely grated

1 garlic clove, finely chopped

2 tablespoons soy sauce

1 tablespoon sesame seeds

200g green beans, trimmed, halved

100g fresh shiitake mushrooms, sliced

1 large carrot, cut into thin matchsticks

2 tablespoons vegetable oil

4 eggs

2 tablespoons white wine vinegar

3 teaspoons sambal oelek or hot chilli sauce

Pinch of caster sugar

½ teaspoon sesame oil

100g red cabbage, finely shredded

2 green onions, thinly sliced diagonally

1 Rinse rice under cold water. Cook rice following packet directions. Keep warm.

2 Meanwhile, place tofu in a bowl. Combine ginger, garlic and soy sauce. Pour over tofu. Turn to coat. Set aside for 10 minutes.

3 Place sesame seeds on a plate. Transfer tofu to a separate plate, reserving soy mixture. Press 1 side of tofu slices into sesame seeds to coat. Return to plate.

4 Heat a large non-stick frying pan over high heat. Cook beans, tossing occasionally, for 3 to 4 minutes or until bright green and charred. Transfer to a plate. Cook mushroom, stirring, for 2 minutes or until golden and just tender. Transfer to a bowl. Add carrot to pan. Cook for 1 minute or until charred. Transfer to a bowl. Cover to keep warm.

5 Heat 2 teaspoons oil in pan. Add tofu, sesame-side down. Cook for 2 minutes or until seeds are golden. Turn. Cook for a further 2 to 3 minutes or until heated through.

6 Heat remaining oil in a large frying pan over medium-high heat. Crack eggs into pan. Cook for 3 to 4 minutes, for sunny-side up, or until browned underneath and egg white is just set. Remove from heat.

7 Whisk vinegar, sambal oelek, sugar, sesame oil and 2 teaspoons water in a small jug. Arrange rice, beans, mushroom, carrot, tofu, cabbage and onion in serving bowls. Season with pepper. Top with a fried egg. Drizzle with a little vinegar sauce. Serve with reserved soy mixture.

NUTRITION: (per serve) 1968kJ; 21.4g fat; 3.9g sat fat; 20.9g protein; 45.9g carbs; 8.3g fibre; 187mg chol; 796mg sodium. ■

BIBIMBAP-STYLE RICE BOWL

THE INFO

+ ASIAN
+ HIGH FIBRE
+ LOW SATURATED FAT
+ VEGETARIAN

50

\$3.95
PER SERVE

🍳

2.5
SERVES OF
VEGIES



Every so often along comes a product that really shines. These four ingredients are some of our favourites, not only as they elevate the dishes they're used in, but because they can steal the spotlight all on their own.

SIMPLY THE BEST:

Ardmona Rich & Thick Classic chopped tomatoes and paste

This mix of chopped tomatoes and tomato paste is still remembered for its 2003 launch ads with images of Warwick Capper and John Elliot, among others. Undoubtedly, it cemented the brand in our minds, but it's the convenience and quality of the product that makes us go back to it time and time again.

WHY WE LIKE IT The vine-ripened tomatoes Ardmona uses are grown and processed in Australia by a company with a history going back over 90 years. Now part of SPC, which started life as the Shepparton Preserving Company, SPC Ardmona supports Australian growers and farmers.

AND ANOTHER THING You'll find Ardmona Rich & Thick tomatoes listed in our recipes

as a can of 'tomatoes and paste'. We like using it because it adds richness and saves time, and it makes shopping simpler with fewer ingredients to buy.

QUICK IDEA Make a simple pasta sauce by adding it to sautéed onions, bacon, chilli and garlic, and cooking until the mixture thickens.

PERFECT PARTNERS Stews, soups, pasta, casseroles, pasta sauces, pizza – anything you'd use canned tomatoes for.

Expert tip:

+ Tomato paste is used in recipes to create an intensity of flavour and to thicken dishes. With Ardmona, you know you'll get a punch of real tomato flavour without adding anything else.



Cobram Estate Extra Virgin Olive Oil

This Australian grown and processed extra virgin olive oil has won awards around the world while remaining an affordable supermarket item. Available in three intensities of flavour from light to robust, there's one to suit all your cooking occasions, from a simple throw-together weeknight meal to an impressive weekend dinner party.

WHY WE LIKE IT The flavour – simple as that. With no heat treatment and only pure olive oil in every bottle, the quality of the pressed fruit is allowed to shine. And with the date of harvest included on the bottle you can be assured it's always fresh.

AND ANOTHER THING Extra virgin olive oil has many health benefits thanks to its mono-unsaturated fats, which are full of

antioxidants. Is it any wonder it has long been part of the Mediterranean diet that's associated with longer life expectancies and lower risk of heart disease.

QUICK IDEA Fry crushed garlic, sliced chilli, baby capers, lemon rind and coarse fresh breadcrumbs in extra virgin olive oil, and toss through cooked pasta.

PERFECT PARTNERS Basil, garlic, chilli, tomatoes, balsamic vinegar, mustard, herbs and spices, salmon, rocket and lemon.

Expert tip:

+ Extra virgin olive oil is not only great for frying and sautéing, it's perfect for drizzling, dunking, marinating, tossing and grilling. It blends well with other flavours, but is just as good on its own.



Macabella Choc Macadamia Spread

We're here to 'spread' the word about a delicious new nut and cocoa delight. A first for Australian supermarkets, the smooth velvety texture of Macabella Choc Macadamia spread is made even better with the inclusion of ground and chopped macadamias for a surprise nutty crunch.

WHY WE LIKE IT This spread is so good we've been known to have a spoonful straight out of the jar. Our favourite time to enjoy it, though, is just after dinner when all the dishes are done, the kids are in bed and the kitchen is finally clean.

AND ANOTHER THING With ingredients that are sustainably sourced we can justify having this mouth-watering treat whenever we feel the urge.

QUICK IDEA For a wickedly indulgent biscuit, mix 1 cup of Macabella Choc Macadamia Spread with 1 cup plain flour and 1 egg. Roll mixture into tablespoon-sized balls and bake in a preheated 180°C/160°C fan-forced oven for 7 to 10 minutes or until just firm to touch.

PERFECT PARTNERS Banana, strawberries, blueberries, crêpes and pancakes, waffles, churros, meringue, cake (use it as icing) and ice-cream.

Expert tip:

+ Stir Macabella Choc Macadamia spread through heated cream and use as a sweet fondue. Cut up fresh fruit, toasted brioche and croissants, and devour with family and friends.



Kewpie Mayonnaise

Apart from its super-cute packaging and easy-squeezy bottle, Kewpie Mayonnaise also tastes great. With a flavour all of its own, it's both rich and light, sweet and savoury. Looking at the packaging you might not be surprised to hear that it hails from Japan and you may have even spotted it atop some of those elaborate concoctions whizzing around at your local sushi train.

WHY WE LIKE IT Made with rice vinegar, Kewpie has a creamy texture and holds its shape, making it perfect for decorating devilled eggs and the like. Once you start buying it you'll find lots of ways to use it, just as you look for more excuses to eat it!

AND ANOTHER THING Beloved by chefs the world over, this affordable supermarket

ingredient graces the tables of some of New York's most upmarket eateries – unpretentious and unique.

QUICK IDEA Toss Kewpie mayonnaise through a salad of warm boiled potatoes, shredded chicken, iceberg lettuce, gherkins, dill and thinly sliced red onion.

PERFECT PARTNERS Prawns, white fish, calamari, salmon, chicken, schnitzel, eggs, tomato, bacon, lemon, lime, coriander, lettuce, coleslaw, potatoes and carrots.

Expert tip :

+ Look out for Kewpie's other mayonnaises and dressings, including its Japanese wasabi mayo. You'll find the range in the Asian aisle of the supermarket, and not with the salad dressings.



ROASTS

OUR GUIDE TO THE BEST

What makes a roast the best is as much about who it's shared with as how it's cooked. These recipes are easy to master and even easier to serve.

ROAST PORK WITH
CHUNKY APPLE
AND SAGE SAUCE

THE INFO

\$5.01
PER SERVE



ROAST PORK WITH CHUNKY APPLE AND SAGE SAUCE

SERVES 6

PREP 15 MINUTES (PLUS 10 MINUTES STANDING) **COOK** 2 HOURS

- 3 sprigs fresh rosemary
- 3 sprigs fresh thyme
- 1.5kg boneless pork leg roast (see note)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon sea salt
- 2 tablespoons plain flour
- 1 cup chicken stock
- 1 tablespoon apple cider vinegar

Chunky Apple and Sage Sauce

- 3 granny smith apples, peeled, cored, diced
- 2 tablespoons caster sugar
- 1 tablespoon apple cider vinegar
- 1 tablespoon chopped fresh sage leaves

1 Preheat oven to 220°C/200°C fan-forced. Place a greased wire rack in a large flameproof roasting pan.

2 Place rosemary and thyme on wire rack. Place pork, rind-side up, onto herbs. Pat rind dry with paper towel. Rub all over with oil. Sprinkle with salt.

3 Roast for 20 minutes. Reduce heat to 180°C/160°C fan-forced. Roast for a further 1½ hours or until rind is crisp and crackled and pork is just cooked through. Transfer pork to a plate. Cover loosely with foil. Set aside for 10 minutes to rest.

4 **Meanwhile make Chunky Apple and Sage Sauce** Place apple, sugar, vinegar and 2 tablespoons water in a medium saucepan over medium heat. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 5 minutes. Stir in sage. Simmer for 5 minutes or until sauce is thick.

5 Remove wire rack from roasting pan. Strain juices from roasting pan into a small jug. Skim fat from pan juices, returning 1½ tablespoons fat to roasting pan. Discard remaining fat. Place pan over high heat. Add flour. Cook, stirring, for 2 to 3 minutes or until bubbling and golden. Combine stock, vinegar and reserved pan juices in a jug. Slowly add mixture to pan, stirring constantly. Cook, stirring, for 4 to 5 minutes or until bubbling and thickened.

6 Thinly slice pork. Serve with gravy, apple sauce, and Fennel-roasted Beetroot and Cabbage, see recipe right.

NUTRITION: (per serve) 2066kJ; 23.1g fat; 7.8g sat fat; 53.3g protein; 17.7g carbs; 1.8g fibre; 167mg chol; 1111mg sodium.

FENNEL-ROASTED BEETROOT AND CABBAGE

SERVES 6

PREP 15 MINUTES (PLUS 10 MINUTES STANDING) **COOK** 1 HOUR 5 MINUTES

- 6 medium beetroot, trimmed
- 1 mini red cabbage, cut into 8 wedges
- 3 garlic cloves, unpeeled
- 3 fresh bay leaves
- 5 sprigs fresh thyme
- 2 teaspoons fennel seeds, crushed
- 2 tablespoons extra virgin olive oil

1 Preheat oven to 180°C/160°C fan-forced.

2 Wash and scrub beetroot. Pat dry with paper towel. Wrap each beetroot in foil. Place in a roasting pan.

3 Roast for 50 minutes or until just tender. Stand for 10 minutes or until beetroot is cool enough to handle. Remove and

discard foil. Wearing rubber gloves to prevent staining your hands, cut beetroot in half. Peel beetroot. Return to pan. Add cabbage, garlic, bay leaves and thyme. Sprinkle with fennel. Drizzle with oil. Season.

4 Increase heat to 200°C/180°C fan-forced. Roast for 15 minutes or until cabbage is tender and just starting to char. Serve.

NUTRITION: (per serve) 500kJ; 6.5g fat; 0.9g sat fat; 3.3g protein; 9g carbs; 6.4g fibre; 0mg chol; 113mg sodium. ➤

Cook's note:

FOR THE ROAST PORK WITH CHUNKY APPLE AND SAGE SAUCE: If buying the pork from a butcher, ask them to score the rind and tie up with unwaxed string at 5cm intervals.



FENNEL-ROASTED
BEETROOT AND
CABBAGE

THE INFO

- + GLUTEN FREE
- + HEART FRIENDLY
- + ONE PAN
- + VEGETARIAN

\$4
PER SERVE

3.5
SERVES OF
VEGIES

MAPLE-ROASTED PUMPKIN AND BABY CARROTS

SERVES 4

PREP 10 MINUTES COOK 40 MINUTES

- 500g kent pumpkin, seeded, cut into small wedges
- 1 bunch baby (Dutch) carrots, trimmed, scrubbed
- 6 eschalots, peeled, halved
- 20g butter, chopped
- 2 tablespoons maple syrup

- 1 Preheat oven to 200°C/180°C fan-forced.
- 2 Arrange pumpkin, carrot and eschalot in a large roasting pan. Season well with salt and pepper.
- 3 Place butter and maple syrup in a small microwave-safe jug. Microwave on HIGH (100%) for 30 seconds or until butter is melted. Stir to combine. Drizzle maple mixture over vegetables. Toss to combine.
- 4 Roast for 30 to 35 minutes, turning halfway, or until vegetables are golden and tender. Serve.

NUTRITION: (per serve) 520kJ; 4.3g fat; 2.7g sat fat; 1.8g protein; 19.8g carbs; 3.6g fibre; 7mg chol; 171mg sodium.

SLOW-ROASTED LEMON AND PAPRIKA CHICKEN

SERVES 4

PREP 10 MINUTES (PLUS 10 MINUTES STANDING) COOK 3 HOURS 10 MINUTES
YOU'LL NEED UNWAXED KITCHEN STRING.

- ¼ cup extra virgin olive oil
- 4 sprigs fresh lemon thyme
- 3 sprigs fresh oregano
- 4 garlic cloves, unpeeled, bruised (see note)
- 1.6kg whole chicken
- 1 lemon, quartered
- 1 teaspoon smoked paprika
- 2 tablespoons plain flour
- 1 cup chicken stock
- ⅓ cup dry white wine

- 1 Preheat oven to 140°C/120°C fan-forced.
- 2 Drizzle 1 tablespoon oil over the base of a large flameproof roasting pan. Place thyme and oregano in centre of pan. Place garlic (in skin) on herbs.
- 3 Rinse chicken (including cavity) under cold water. Pat dry with paper towel. Place



MAPLE-ROASTED PUMPKIN AND BABY CARROTS

THE INFO

+ GLUTEN FREE
 + HIGH FIBRE
 + VEGETARIAN

50

\$2.32
PER SERVE

3
SERVES OF VEGIES

- on a board. Season cavity with salt and pepper. Fill with ½ the lemon wedges. Tie legs together with kitchen string to secure. Brush chicken all over with remaining oil. Season with salt and pepper. Sprinkle all over with paprika. Place, breast-side up, on herbs in roasting pan. Place remaining lemon wedges in roasting pan.
- 4 Roast, basting every hour with pan juices, for 2 hours 45 minutes or until juices run clear when chicken thigh is pierced with a skewer. Increase heat to 200°C/180°C fan-forced. Cook chicken for a further 15 minutes or until skin is crispy. Transfer chicken to a plate. Remove and discard herbs. Reserve caramelised garlic. Cover chicken loosely with foil. Set aside for 10 minutes to rest.
- 5 Meanwhile, strain juices from roasting pan into a small jug. Skim fat from pan juices, returning 1 tablespoon to roasting

pan. Discard remaining fat. Place pan over high heat. Add flour. Cook, stirring, for 2 to 3 minutes or until bubbling and golden. Combine stock, wine and reserved pan juices in a jug. Slowly add mixture to pan, stirring constantly. Cook, stirring, for 4 to 5 minutes or until mixture simmers and thickens slightly. Serve chicken with gravy, Maple-roasted Pumpkin and Baby Carrots, and caramelised garlic.

NUTRITION: (per serve) 2447kJ; 38.3g fat; 10.2g sat fat; 48.6g protein; 7.9g carbs; 1.2g fibre; 225mg chol; 540mg sodium. ➤

Cook's note:

To bruise the garlic, place the garlic cloves on a board and flatten with the side of a large chef's knife or rolling pin until the skin splits a little.



SLOW-ROASTED
LEMON AND
PAPRIKA CHICKEN

THE INFO

+ ONE PAN

\$3.25
PER SERVE





ROASTED CAULIFLOWER AND BROCCOLINI WITH LEMON AND PINE NUTS

THE INFO

+ GLUTEN FREE
+ HEART FRIENDLY
+ ONE PAN
+ VEGETARIAN

30

\$2.96
PER SERVE

3.5
SERVES OF
VEGIES

ROASTED CAULIFLOWER AND BROCCOLINI WITH LEMON AND PINE NUTS

SERVES 4

PREP 10 MINUTES COOK 20 MINUTES

1 bunch broccolini
400g cauliflower, cut into small florets
4 yellow squash, quartered
2 garlic cloves, thinly sliced
2 tablespoons extra virgin olive oil
2 tablespoons pine nuts
1 teaspoon lemon zest
1 tablespoon lemon juice

1 Preheat oven to 220°C/200°C fan-forced.
2 Cut broccolini in half lengthways, then in half crossways. Place broccolini, cauliflower, squash and garlic in a large roasting pan. Drizzle with oil. Season well with salt and pepper. Toss to combine.
3 Roast for 10 minutes. Add pine nuts. Roast for a further 5 to 7 minutes or until

vegetables are golden and tender. Sprinkle vegetables with lemon zest and drizzle with juice. Serve.
NUTRITION: (per serve) 451kJ; 5.4g fat; 0.3g sat fat; 6.1g protein; 7.3g carbs; 3.9g fibre; 0mg chol; 90mg sodium.

BEEF AND RED WINE POT ROAST

SERVES 6

PREP 15 MINUTES

COOK 2 HOURS 20 MINUTES

2 tablespoons extra virgin olive oil
1kg piece beef blade roast
1 brown onion, roughly chopped
2 medium carrots, peeled, thickly sliced
2 celery stalks, trimmed, thickly sliced
200g swiss brown mushrooms, quartered
2 sprigs fresh thyme
½ cup red wine
1½ cups beef stock
2 tablespoons tomato paste
2 tablespoons worcestershire sauce
800g chat potatoes, halved
Wholegrain mustard, to serve

1 Heat ½ the oil in a large heavy-based, flameproof casserole dish over high heat. Season beef with salt and pepper. Cook beef, turning, for 5 minutes or until browned all over. Transfer to a plate.
2 Heat remaining oil in dish over medium heat. Add onion, carrot, celery and mushroom. Cook, stirring, for 5 minutes or until vegetables start to soften. Add thyme, wine, stock, paste and worcestershire sauce. Bring to the boil. Return beef to pan. Reduce heat to low. Cover. Simmer for 1 hour, turning beef halfway through cooking.
3 Add potato. Simmer, covered, for 1 hour, turning beef halfway through cooking, or until beef and potato are tender. Transfer beef and potato to a plate. Cover with foil to keep warm.
4 Increase heat to medium high. Bring sauce mixture to the boil. Boil, uncovered, for 8 to 10 minutes or until sauce has thickened slightly. Season with salt and pepper. Thinly slice beef. Serve with vegetables, sauce, mustard, and Roasted Cauliflower and Broccolini with Lemon and Pine Nuts.
NUTRITION: (per serve) 2107kJ; 22.7g fat; 6.9g sat fat; 41.9g protein; 26.2g carbs; 7.1g fibre; 78mg chol; 884mg sodium. ➤



BEEF AND RED
WINE POT ROAST

THE INFO

+ HIGH FIBRE
+ HIGH IN IRON
+ ONE POT

\$4.25
PER SERVE

3.5
SERVES OF
VEGIES

THE BEST ROAST POTATOES

SERVES 4

PREP 10 MINUTES (PLUS 10 MINUTES COOLING) **COOK** 1 HOUR 10 MINUTES

1kg medium sebago potatoes, peeled, quartered
10g butter
1 tablespoon extra virgin olive oil
1 teaspoon sea salt flakes

- 1 Preheat oven to 180°C/160°C fan-forced. Grease a large baking tray.
- 2 Place potato in a saucepan of cold water. Bring to the boil. Boil for 5 minutes or until just tender. Drain. Return to pan. Shake over low heat for 30 seconds to create a rough surface on potato. Cool for 10 minutes.
- 3 Meanwhile, place butter and oil in a small microwave-safe jug. Microwave on HIGH (100%) for 20 seconds or until butter melts and mixture is combined.

- 4 Place potato in a single layer on prepared tray. Brush with butter mixture. Sprinkle with salt. Season with pepper.
 - 5 Roast for 45 to 50 minutes or until potato is light golden. Increase heat to 220°C/200°C fan-forced. Roast for a further 15 minutes or until golden and crisp. Serve.
- NUTRITION:** (per serve) 891kJ; 7g fat; 2g sat fat; 5.3g protein; 29.3g carbs; 4.7g fibre; 4mg chol; 515mg sodium.



Kim says:

+ Boiling the potatoes and then roasting them makes the spuds light and fluffy inside, while the outside gets golden and crunchy.

+ We used sebago potatoes, but you could also use pontiac or desiree.



THE BEST ROAST POTATOES

THE INFO

+ GLUTEN FREE
 + HIGH FIBRE
 + VEGETARIAN

\$1.07
PER SERVE

2
SERVES OF VEGIES

ROAST LAMB WITH CARAMELISED GARLIC AND FRESH MINT SAUCE

SERVES 6

PREP 15 MINUTES
 (PLUS 10 MINUTES STANDING)
COOK 1 HOUR 25 MINUTES

10 sprigs fresh rosemary
1.8kg leg of lamb
2 tablespoons extra virgin olive oil
2 bulbs garlic, halved crossways
2 tablespoons plain flour
1 cup chicken stock
Buttered peas, to serve
Fresh Mint Sauce
2 cups firmly packed fresh mint leaves, chopped
1 garlic clove, crushed
1/3 cup olive oil
1/4 cup white wine vinegar
1 tablespoon caster sugar

- 1 Preheat oven to 180°C/160°C fan-forced.
- 2 Place rosemary in a large roasting pan. Place lamb on rosemary. Rub oil all over lamb. Season well with salt and pepper. Place garlic on tray.
- 3 Roast for 1 hour 15 minutes for medium or until cooked to your liking. Transfer lamb and garlic to a board. Cover loosely with foil. Set aside for 10 minutes to rest. Strain juices from roasting pan into a jug.
- 4 Meanwhile, skim fat from pan juices, transferring 1 tablespoon of fat to a saucepan. Discard remaining fat. Heat pan over high heat. Add flour. Cook, stirring, for 2 to 3 minutes or until bubbling and golden. Gradually stir in stock and reserved pan juices. Cook, stirring, for 4 to 5 minutes or until thickened.

5 Make Fresh Mint Sauce Combine mint, garlic, oil, vinegar and sugar in a bowl. Season well with salt and pepper.

6 Slice lamb. Serve with caramelised garlic, gravy, mint sauce, buttered peas and The Best Roast Potatoes.

NUTRITION: (per serve) 2741kJ; 45.3g fat; 15.6g sat fat; 48.9g protein; 10.9g carbs; 4.9g fibre; 164mg chol; 562mg sodium. ■

Cook's note:

The Fresh Mint Sauce can be stored in an airtight container in the fridge for up to 3 days, so it can be used with any leftovers.

THIS MONTH ROASTS

ROAST LAMB WITH
CARAMELISED
GARLIC AND FRESH
MINT SAUCE

THE INFO

+ HIGH IN IRON

\$4.41
PER SERVE



Portion-perfect Fruit Pastes

Quince



Spiced Cherry



Blackcurrant & Raspberry



Mango & Passionfruit



Perfect with your favourite cheese and crackers, these versatile twin-packed pastes also add depth of flavour to sauces and marinades, or work brilliantly in baking. Available at Woolworths and independent retailers.

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MIDWEEK

EASY AS 30-MINUTE MEALS FROM 3 STAPLES

» LIGHTNING-QUICK MEALS FOR SCHOOL NIGHTS » TURN VEGIES INTO HOT CHIPPIES » HOME COOK HERO CHEESY BAKE



CAULIFLOWER PIZZAS WITH PUMPKIN AND PROSCIUTTO

SERVES 4

PREP 25 MINUTES (PLUS 15 MINUTES COOLING) COOK 35 MINUTES

WE USED AN 1100 WATT MICROWAVE.

- 1 head (1.2kg) cauliflower, cut into small florets
- 2 eggs, lightly beaten
- ½ cup almond meal
- 2 cups grated pizza cheese
- 1 teaspoon dried mixed herbs
- 1 tablespoon extra virgin olive oil
- 400g butternut pumpkin, peeled, cut into 2cm cubes
- ⅓ cup tomato passata
- Extra ½ cup grated pizza cheese
- 4 slices gluten-free prosciutto, torn
- 100g fresh ricotta, crumbled
- ¼ cup fresh basil leaves

- 1 Process cauliflower in a food processor until very finely chopped (you'll need 4 cups in total). Place in a microwave-safe bowl. Add 2 tablespoons water. Cover bowl loosely with plastic wrap. Microwave on HIGH (100%) for 8 minutes or until tender. Transfer cauliflower to a large sieve. Drain, pressing cauliflower with the back of a spoon to remove as much liquid as possible. Transfer cauliflower to a large bowl. Cool for 15 minutes.
 - 2 Preheat oven to 220°C/200°C fan-forced. Line 2 large baking trays with baking paper.
 - 3 Add egg, almond meal, pizza cheese and dried herbs to cauliflower. Season well with salt and pepper. Stir to combine. Divide mixture into 4 equal portions. Place 2 portions onto each prepared tray. Flatten each portion to form a 15cm circle, making the sides a little thicker to form the crust.
 - 4 Bake bases for 15 minutes or until golden.
 - 5 Meanwhile, heat oil in a large frying pan over medium-high heat. Cook pumpkin, turning, for 10 to 12 minutes or until golden and tender.
 - 6 Spread bases with passata. Sprinkle with extra pizza cheese. Top with pumpkin, prosciutto and ricotta. Bake for 8 to 10 minutes or until cheese is melted. Top with basil. Serve immediately.
- NUTRITION: (per serve) 2617kJ; 43.5g fat; 19.9g sat fat; 41.4g protein; 16.4g carbs; 7g fibre; 165mg chol; 1157mg sodium. ■

CAULIFLOWER PIZZAS WITH PUMPKIN AND PROSCIUTTO

THE INFO

+ CLASSIC MAKEOVER
+ GLUTEN FREE
+ HIGH FIBRE

\$4.84
PER SERVE

5.5
SERVES OF
VEGIES





One-pan midweek meals



Kim says: Flavourful and filling – there's so much to love about these one-pan meals. And yes, there's less washing up!



BACON-WRAPPED MEATLOAF WITH ROAST VEGETABLES

SERVES 4

PREP 30 MINUTES COOK 45 MINUTES

- 500g pork and veal mince
- 1 small brown onion, finely chopped
- 2 garlic cloves, crushed
- ½ cup tomato paste
- 1 egg, lightly beaten
- ½ cup fresh breadcrumbs
- 2 teaspoons fresh lemon thyme leaves
- 1 tablespoon fresh oregano leaves, chopped, plus extra to serve
- 2 teaspoons finely grated lemon rind
- 2 tablespoons lemon juice
- 6 streaky bacon rashers, trimmed
- 1 red onion, halved, cut into wedges
- 1 red capsicum, thickly sliced
- 1 bunch baby (Dutch) carrots, trimmed, scrubbed
- 2 zucchini, roughly chopped
- 1 tablespoon extra virgin olive oil

- 1 Preheat oven to 200°C/180°C fan-forced.
- 2 Place mince, brown onion, garlic, tomato paste, egg, breadcrumbs, thyme, oregano, lemon rind and juice in a large bowl. Season with salt and pepper. Mix well to combine.
- 3 Place bacon rashers crossways and slightly overlapping on a large piece of plastic wrap. With 1 long side closest to you, spoon mince mixture in a log shape along centre of bacon. Using plastic wrap as a guide, roll up tightly to enclose mince (the bacon won't wrap completely around the mince). Remove and discard plastic wrap. Place meatloaf, seam-side down, on a baking paper-lined baking tray (with sides).
- 4 Arrange red onion, capsicum, carrot and zucchini on tray around meatloaf. Drizzle meatloaf and vegetables with oil.
- 5 Bake for 40 to 45 minutes or until browned and cooked through. Stand for 5 minutes. Slice meatloaf thickly. Serve with roast vegetables and sprinkle with extra oregano.

NUTRITION: (per serve) 2401kJ; 35.4g fat; 12.7g sat fat; 42.9g protein; 17.8g carbs; 6.5g fibre; 181mg chol; 1164mg sodium. >

BACON-WRAPPED MEATLOAF WITH ROAST VEGETABLES

THE INFO

+ ONE PAN

\$5.15
PER SERVE

4.5
SERVES OF
VEGIES



LAYERED CHICKEN,
LEMON AND
ORZO BAKE

THE INFO

- * LOWER GI
- * LOW SATURATED FAT
- * ONE PAN

\$3.52
PER SERVE



MIDWEEK MEALS ONE PAN

ONE-POT LAMB
AND PEA STEW

THE INFO

+ ONE PAN

\$3.49
PER SERVE



2.5
SERVES OF
VEGIES





LAYERED CHICKEN
LEMON AND
RISONI BAKE

THE INFO

+ LOWER GI
+ LOW SATURATED FAT
+ ONE PAN

\$3.52
PER SERVE



SPICY AFRICAN-STYLE VEGETABLE STEW

THE INFO

+ HEART FRIENDLY
+ LOW FAT
+ ONE PAN
+ VEGETARIAN



SPICY AFRICAN-STYLE VEGETABLE STEW

SERVES 4

PREP 15 MINUTES COOK 35 MINUTES

3 large baby eggplant, trimmed
1 tablespoon extra virgin olive oil
1 brown onion, halved, cut into wedges
175g packet vine sweet minicaps,
halved, seeded (see notes)
1 carrot, halved, thickly sliced
1 tablespoon African grill spice mix
(see notes)
410g can tomato purée
2 zucchini, halved, sliced
¼ cup chopped fresh coriander leaves,
plus extra leaves to serve
1 long red chilli, seeded, thinly sliced
2 tablespoons toasted flaked almonds
½ cup plain Greek-style yoghurt
Couscous, to serve

1 Quarter eggplant lengthways. Cut in half crossways.
2 Heat oil in a large saucepan over medium-high heat. Add onion, minicaps, carrot and eggplant. Cook, stirring, for

10 minutes or until vegetables soften. Add spice mix. Cook, stirring, for 1 minute or until fragrant.

3 Add tomato purée and 1 cup water. Season with salt and pepper. Bring to the boil. Reduce heat to medium. Simmer for 10 minutes. Add zucchini. Stir to combine. Simmer for a further 10 minutes or until vegetables are tender and sauce thickens. Stir in coriander.

4 Sprinkle with chilli, extra coriander and almonds. Serve with yoghurt and couscous.

NUTRITION: (per serve) 1283kJ; 6.6g fat; 1.7g sat fat; 11.8g protein; 44.6g carbs; 8.8g fibre; 4mg chol; 210mg sodium. >

Cook's notes:

+ The packet contains mini red, yellow, green and orange capsicum. You can replace with 2 red or yellow capsicum, thickly sliced.

+ We used Table of Plenty spice mix. It's a mixture of cumin, chilli, fenugreek, ginger, cloves, cardamom, pimento and turmeric.

ONE-POT LAMB
AND PEA STEW

THE INFO

+ ONE PAN

\$3.49
PER SERVE2.5
SERVES OF
VEGIES

ONE-POT LAMB AND PEA STEW

SERVES 4

PREP 15 MINUTES

COOK 1 HOUR 45 MINUTES

 $\frac{1}{4}$ cup plain flour

4 (600g) lamb forequarter chops

2 tablespoons extra virgin olive oil

1 brown onion, finely chopped

1 celery stalk, finely chopped

3 garlic cloves, crushed

3 sprigs fresh thyme

3 cups salt-reduced beef stock

1 tablespoon worcestershire sauce

3 desiree potatoes, peeled,
cut into 1.5cm thick slices

1 cup frozen peas

 $\frac{1}{4}$ cup shredded fresh mint leaves

1 Place flour in a snap-lock bag. Season.

Add lamb. Seal bag. Shake to coat.

2 Heat 1 tablespoon oil in a large heavy-
based saucepan over medium-high heat.Cook lamb for 2 to 3 minutes each side or
until browned. Transfer to a plate.3 Heat remaining oil in pan. Add onion and
celery. Cook, stirring, for 5 minutes or until
softened. Add garlic and thyme. Cook for
1 minute or until fragrant. Return lambto pan with 1 cup water, stock and
Worcestershire sauce. Cover. Bring to the
boil. Reduce heat to medium-low. Simmer

for 1 hour 20 minutes.

4 Add potato to pan. Simmer, uncovered,
for 10 minutes. Add peas. Cook for
5 minutes or until potato is tender. Discard
thyme. Stir in mint. Serve.NUTRITION: (per serve) 2212kJ; 33.1g fat;
8.4g sat fat; 26g protein; 28.1g carbs; 5g fibre;
64mg chol; 802mg sodium. >LAYERED CHICKEN, LEMON
AND RISONI BAKE

SERVES 4

PREP 15 MINUTES

(PLUS OVERNIGHT MARINATING)

COOK 50 MINUTES

4 garlic cloves, crushed

1 teaspoon ground cumin

1 teaspoon paprika

 $\frac{1}{2}$ teaspoon dried chilli flakes2 tablespoons finely chopped preserved
lemon rind (see cook's note)

6 chicken thigh fillets, trimmed, halved

 $\frac{1}{4}$ teaspoon saffron threads $\frac{3}{4}$ cup boiling water

1 tablespoon extra virgin olive oil

2 brown onions, halved, thinly sliced

 $\frac{3}{4}$ cup dried risoni

1 cup salt-reduced chicken stock

 $\frac{1}{2}$ cup pitted Sicilian green
olives, quartered $\frac{1}{4}$ cup fresh coriander leaves1 Combine garlic, cumin, paprika, chilli and
 $\frac{1}{2}$ the preserved lemon rind in a large glass
or ceramic bowl. Add chicken. Toss to coat.Cover. Refrigerate overnight to marinate,
if time permits.2 Preheat oven to 180°C/160°C fan-forced.
Place saffron and boiling water in a small
heatproof bowl.3 Heat oil in a 6cm-deep, 22cm x 30cm
(base) flameproof roasting pan over
medium-high heat. Cook chicken, turning,
for 5 minutes or until browned all over.
Transfer to a plate.4 Reduce heat to medium. Add onion
to pan. Cook, stirring occasionally, for
10 minutes or until softened and slightly
caramelised. Add saffron mixture, risoni
and stock. Season with salt and pepper.
Stir to combine. Arrange chicken on risoni
mixture. Bring to the boil. Cover pan with
lid or tightly with foil to prevent steam
escaping. Carefully transfer pan to oven.
5 Bake for 25 to 30 minutes or until stock
is absorbed and risoni is tender. Sprinkle
with olives, coriander and remaining
preserved lemon rind. Serve.NUTRITION: (per serve) 1965kJ; 18.8g fat;
5.1g sat fat; 37.6g protein; 36.6g carbs;
3.5g fibre; 144mg chol; 715mg sodium.

Cook's note:

FOR THE LAYERED CHICKEN, LEMON AND
RISONI BAKE: If you can't find preserved
lemon you can make this cheat's version.It's not as intense as regular preserved lemon
so use $\frac{1}{4}$ cup instead of 2 tablespoons. Place
 $\frac{2}{3}$ cups of water, $\frac{1}{4}$ cup cooking salt and
3 lemons, quartered, in a small saucepan over
high heat. Bring to the boil, then reduce heat
so the mixture simmers. Simmer for 40 minutes
or until the rind is tender. Cool. Store in an
airtight container in the fridge for a week.



ROASTED VEGETABLE
TART WITH SESAME
SPRINKLE

THE INFO

+ ONE PAN
+ VEGETARIAN

\$1.97
PER SERVE

3
SERVES OF
VEGIES



ROASTED VEGETABLE TART WITH SESAME SPRINKLE

SERVES 4

PREP 25 MINUTES COOK 50 MINUTES

300g kent pumpkin, peeled, cut into 3cm pieces
 1 medium red onion, halved, cut into wedges
 1 medium zucchini, halved, thickly sliced diagonally
 1 red capsicum, thickly sliced
 1 tablespoon extra virgin olive oil
 1½ tablespoons balsamic vinegar
 1 sheet frozen puff pastry, partially thawed
 2 eggs, lightly beaten
 1 tablespoon milk
 1 tablespoon finely chopped skinless hazelnuts
 2 teaspoons sesame seeds
 ¼ teaspoon ground coriander
 ¼ teaspoon ground cumin
 50g fetta, crumbled
 Fresh mint leaves and green salad, to serve

1 Preheat oven to 220°C/200°C fan-forced. Grease a large baking tray. Line with baking paper.
 2 Place pumpkin, onion, zucchini and capsicum on prepared tray. Drizzle with oil and vinegar. Toss to combine. Season with salt and pepper. Bake for 20 minutes or until vegetables are almost tender. Transfer to a plate. Remove baking paper. Return tray to oven for 5 minutes to keep hot.
 3 Meanwhile, using a 22cm cake pan or plate as a guide, cut a round from pastry. Discard scraps. Carefully place pastry onto the heated baking tray. Leaving a 3cm border, arrange half the vegetables on pastry. Fold pastry edge up over filling. Whisk egg and milk in a small jug. Pour over vegetables in pastry. Top with remaining vegetables.
 4 Bake for 25 to 30 minutes or until pastry is golden and puffed.
 5 Meanwhile, heat a small frying pan over medium heat. Add hazelnuts and sesame seeds. Cook, stirring, for 2 minutes or until toasted. Add ground coriander and cumin. Cook, stirring, for 30 seconds or until fragrant. Remove from pan.
 6 Sprinkle ½ the sesame mixture over tart. Sprinkle with fetta, then remaining sesame mixture. Top with mint and serve with green salad.

NUTRITION: (per serve) 1324kJ; 19.3g fat; 6.5g sat fat; 10.8g protein; 24.1g carbs; 3.1g fibre; 112mg chol; 380mg sodium.



EASY COQ AU VIN

THE INFO

+ HIGH IN IRON
+ ONE PAN

\$5.42
PER SERVE

4.5
SERVES OF
VEGIES

EASY COQ AU VIN

SERVES 4

PREP 15 MINUTES COOK 1 HOUR

¼ cup plain flour
 8 small skinless chicken thigh cutlets
 2 tablespoons extra virgin olive oil
 4 rashers streaky bacon, trimmed, chopped
 6 baby brown pickling onions, halved
 200g swiss brown mushrooms, halved
 4 garlic cloves, crushed
 2 cups dry red wine
 1 cup salt-reduced chicken stock
 3 sprigs fresh thyme, plus extra to serve
 2 fresh bay leaves
 2 tablespoons tomato paste
 2 tablespoons finely chopped fresh flat-leaf parsley, plus extra to serve
 Mashed potato, to serve

1 Place flour in a snap-lock bag. Season with pepper. Add chicken. Seal. Shake to coat.

2 Heat oil in a large heavy-based saucepan over medium-high heat. Cook chicken, in batches, for 5 minutes or until browned on both sides. Transfer to a plate.
 3 Add bacon, onion and mushroom to pan. Cook, stirring, for 5 minutes or until onion starts to soften. Add garlic. Cook for 1 minute or until fragrant. Add wine, stock, thyme, bay leaves and tomato paste. Stir to combine.
 4 Return chicken to pan. Bring to the boil. Reduce heat to medium-low. Simmer for 35 minutes or until chicken is cooked through and sauce thickens. Remove and discard thyme sprigs and bay leaves. Stir in parsley. Sprinkle with extra thyme and parsley. Serve with mashed potato.

NUTRITION: (per serve) 3354kJ; 38g fat; 12.4g sat fat; 52.5g protein; 38.3g carbs; 6.5g fibre; 205mg chol; 917mg sodium. ➤



BEEF STIFADO

THE INFO

+ HIGH IN IRON
+ ONE PAN

\$4.33
PER SERVE

4
SERVES OF
VEGIES

BEEF STIFADO

SERVES 4

PREP 15 MINUTES

(PLUS OVERNIGHT MARINATING)

COOK 2 HOURS 15 MINUTES

2 garlic cloves, crushed

1 teaspoon cracked black pepper

1 teaspoon ground allspice

½ teaspoon ground cinnamon

¼ teaspoon ground cloves

½ cup dry red wine

**800g beef oyster blade steak, trimmed,
cut into 3cm pieces**

1 tablespoon extra virgin olive oil

2 sprigs fresh rosemary

8 large eschalots, halved

400g can diced tomatoes

410g can tomato purée

2 tablespoons red wine vinegar

**Soft polenta (see note) and chopped fresh
flat-leaf parsley, to serve**

1 Combine garlic, pepper, allspice, cinnamon, cloves and wine in a large glass or ceramic bowl. Add beef. Toss to coat. Cover. Refrigerate overnight, if time permits.

2 Preheat oven to 180°C/160°C fan-forced.

3 Drain beef from marinade, reserving marinade. Heat oil in a large ovenproof saucepan or flameproof casserole dish over medium-high heat. Cook beef, in batches, for 5 minutes or until browned all over.

4 Return beef to pan. Add reserved marinade and rosemary. Bring to the boil. Add eschalot, tomatoes, ½ cup water, tomato purée and vinegar. Season with salt and pepper. Cover pan. Return to the boil. Carefully transfer pan to oven.

5 Bake for 1 hour 20 minutes. Remove lid. Bake for 30 to 40 minutes or until beef is tender. Serve stifado with polenta and sprinkle with parsley.

NUTRITION: (per serve) 2404kJ; 18.2g fat; 7.2g sat fat; 53.5g protein; 41.7g carbs; 4.9g fibre; 122mg chol; 1032mg sodium.

THAI YELLOW CURRY SEAFOOD CHOWDER

SERVES 4

PREP 15 MINUTES COOK 30 MINUTES

1 tablespoon vegetable oil

1 brown onion, finely chopped

1 celery stalk, finely chopped

2 garlic cloves, crushed

¼ cup yellow curry paste

2 tablespoons plain flour

2 cups chicken stock

270ml can coconut milk

**2 desiree potatoes, peeled,
cut into 1.5cm pieces**

200g peeled green prawns

**300g skinless, boneless firm white
fish fillets, cut into 2cm pieces**

2 green onions, thinly sliced

**Fresh coriander sprigs and lime
wedges, to serve**

1 Heat oil in a large saucepan over medium-high heat. Add onion and celery. Cook, stirring, for 5 minutes or until softened. Add garlic and paste. Cook, stirring, for 30 seconds or until fragrant. Stir in flour. Cook for 1 minute.

2 Gradually stir in stock, coconut milk and 1 cup water. Add potato. Bring to the boil. Reduce heat to medium-low. Cover. Simmer, stirring occasionally, for 15 minutes or until potato is just tender.

3 Add prawns and fish. Cook, uncovered, for 5 minutes or until seafood is just cooked through. Season with salt and pepper. Top with onion. Serve with coriander sprigs and lime wedges.

NUTRITION: (per serve) 1549kJ; 18g fat; 10.9g sat fat; 30.6g protein; 19.4g carbs; 3.7g fibre; 119mg chol; 1049mg sodium. ➤

Cook's note:

FOR THE BEEF STIFADO: To make soft polenta, combine 2 cups chicken stock and 3 cups water in a saucepan over high heat. Cover. Bring to the boil. Gradually stir in 1 cup polenta. Reduce heat to medium-low. Cook, stirring constantly, for 10 minutes or until polenta is thick. Stir in ⅔ cup finely grated parmesan. Season with salt and pepper. Serve immediately.

THAI YELLOW
CURRY SEAFOOD
CHOWDER

THE INFO

+ ASIAN
+ ONE PAN

45

\$4.93
PER SERVE



ONE-POT HEARTY HAM
AND BEAN SOUP

THE INFO

+ HIGH FIBRE
+ ONE PAN

\$5.30
PER SERVE

3
SERVES OF
VEGIES



ONE-POT HEARTY HAM AND BEAN SOUP

SERVES 4

PREP 20 MINUTES

COOK 2 HOURS 20 MINUTES

1 tablespoon extra virgin olive oil
1 brown onion, finely chopped
1 celery stalk, finely chopped
1 carrot, finely chopped
2 garlic cloves, crushed
2 teaspoons paprika
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon ground cinnamon
1kg smoked ham hock,
rind removed (see note)
1.5 litres salt-reduced chicken stock
400g can crushed tomatoes
400g can cannellini beans,
drained, rinsed
400g can butter beans,
drained, rinsed
Chopped fresh parsley, finely grated
parmesan and crusty bread, to serve

1 Heat oil in a large saucepan over medium-high heat. Add onion, celery and carrot. Cook, stirring, for 5 minutes or until softened. Add garlic, paprika, cumin, ground coriander and cinnamon. Cook for 1 minute or until fragrant.
2 Add ham hock, stock and tomatoes. Season with pepper. Cover. Bring to the boil. Reduce heat to low. Simmer for 1 hour 30 minutes. Remove lid. Simmer for a further 30 minutes or until ham is falling off the bone. Remove ham hock from soup mixture. Shred ham from bone. Discard bone. Return ham to soup.
3 Add beans to soup. Simmer for 5 minutes or until heated through. Top with parsley and parmesan, and serve with crusty bread.

NUTRITION: (per serve) 2373kJ; 19.2g fat; 6.2g sat fat; 38.6g protein; 55.9g carbs; 14g fibre; 62mg chol; 2850mg sodium.

Cook's note:

You can find ham hocks at the deli counter, or prepacked in the gourmet chilled section of the supermarket. You can make this soup one day ahead, to the end of step 2. Remove and discard any fat from the top of the soup before serving.



SPICY BEEF AND
TOMATO RAGÙ

THE INFO

+ HIGH IN IRON
+ ONE PAN

\$3.52
PER SERVE

2.5
SERVES OF
VEGIES

SPICY BEEF AND TOMATO RAGÙ

SERVES 6

PREP 20 MINUTES

COOK 1 HOUR 20 MINUTES

¼ cup plain flour
1kg beef chuck steak, trimmed,
cut into 4cm pieces
2 tablespoons extra virgin olive oil
100g sliced pepperoni salami,
roughly chopped
1 brown onion, finely chopped
1 carrot, finely chopped
1 celery stalk, finely chopped
2 garlic cloves, crushed
1 tablespoon chopped fresh rosemary
1 cup dry red wine
½ cup drained sundried tomato
strips, chopped
400g can crushed tomatoes
1½ cups salt-reduced beef stock
Cooked fettuccine, steamed green beans
and fresh oregano, to serve

1 Place flour in a snap-lock bag. Season. Add beef. Seal bag. Shake to coat.
2 Heat oil in a large heavy-based saucepan over medium-high heat. Cook beef, in batches, for 2 to 3 minutes or until browned all over, adding extra oil to pan if needed. Transfer to a bowl.
3 Add salami, onion, carrot and celery to pan. Cook, stirring, for 5 minutes or until light golden. Add garlic and rosemary. Cook for 1 minute or until fragrant. Stir in wine. Bring to the boil.
4 Return beef to pan. Stir in sundried tomato, crushed tomatoes and stock. Cover. Bring to the boil. Reduce heat to low. Simmer for 1 hour 20 minutes. Remove lid. Simmer for 40 minutes or until beef is tender and sauce is thick. Serve ragù with fettuccine and green beans, and top with oregano.

NUTRITION: (per serve) 2675kJ; 22.1g fat; 7g sat fat; 43.6g protein; 56.8g carbs; 6.2g fibre; 90mg chol; 901mg sodium. ■

\$4 DINNERS



Kim says: You don't have to break the bank to eat like a foodie at home – I've used low-cost staples and a little creative flair to amp up the flavour

CHEAT'S SLOW-ROASTED TOMATOES

MAKES ABOUT 2 CUPS

PREP 20 MINUTES (PLUS COOLING)

COOK 2 HOURS

6 x 400g cans whole peeled tomatoes

6 garlic cloves, peeled, halved

8 sprigs fresh oregano

8 sprigs fresh thyme

2 tablespoons extra virgin olive oil

1 teaspoon sea salt

½ teaspoon cracked black pepper

Olive oil, to store

1 Preheat oven to 140°C/120°C fan-forced.

2 Drain tomatoes. Cut each tomato in half

lengthways. Pat tomatoes dry with paper towel. Transfer to 2 large rimmed baking trays, arranging tomatoes cut-side up in a single layer. Add garlic, oregano and thyme to trays. Drizzle with oil. Sprinkle with sea salt and cracked black pepper. 3 Bake for 2 hours or until tomatoes have collapsed. Set aside to cool. Remove and discard oregano, thyme and garlic. Transfer tomatoes to an airtight container. Add enough olive oil to cover tomatoes. Refrigerate for up to 1 week. When ready to use, remove tomatoes from oil and pat dry with paper towel to remove excess oil. Add to stews, soups, frittatas, pasta dishes, salads and dressings.

QUICK SAUSAGE, LENTIL AND TOMATO STEW

SERVES 6

PREP 15 MINUTES **COOK** 25 MINUTES

1 tablespoon extra virgin olive oil

1 red onion, halved, thinly sliced

1 red capsicum, finely chopped

500g cevapcici beef sausages, cut into 1cm pieces (see Kim's tip)

2 x 400g cans brown lentils, drained, rinsed

2 cups Cheat's Slow-roasted Tomatoes, roughly chopped (see recipe, left)

1½ cups chicken stock

2 tablespoons chopped fresh parsley leaves, plus extra leaves to serve

2 tablespoons chopped fresh coriander leaves, plus extra leaves to serve

Grated parmesan and sour cream, to serve

1 Heat oil in a large deep frying pan over medium-high heat. Add onion and capsicum. Cook, stirring, for 5 minutes or until onion is softened. Add sausages. Cook, breaking up with a wooden spoon, for 8 minutes or until browned.

2 Add lentils, tomato and stock. Stir. Bring to the boil. Reduce heat to low. Simmer for 8 to 10 minutes or until mixture thickens. Season. Stir in parsley and coriander.

3 Sprinkle with parmesan and extra parsley and coriander. Serve with sour cream.

NUTRITION: (per serve) 2031kJ; 32.7g fat; 10.9g sat fat; 23.9g protein; 20g carbs; 8.7g fibre; 66mg chol; 1369mg sodium. ■

Kim says:

+ These Balkan-style skinless sausages are also labelled chevapi and cevapi. You'll find them with the sausages at the supermarket.

CHEAT'S SLOW-ROASTED TOMATOES

THE INFO

+ GLUTEN FREE

\$6.95
PER 2 CUPS

BUDGET BITES SIMPLE STEW



QUICK SAUSAGE, LENTIL
AND TOMATO STEW

THE INFO

+ HIGH FIBRE
+ ONE PAN
+ SUPER EASY

40

\$2.38
PER SERVE



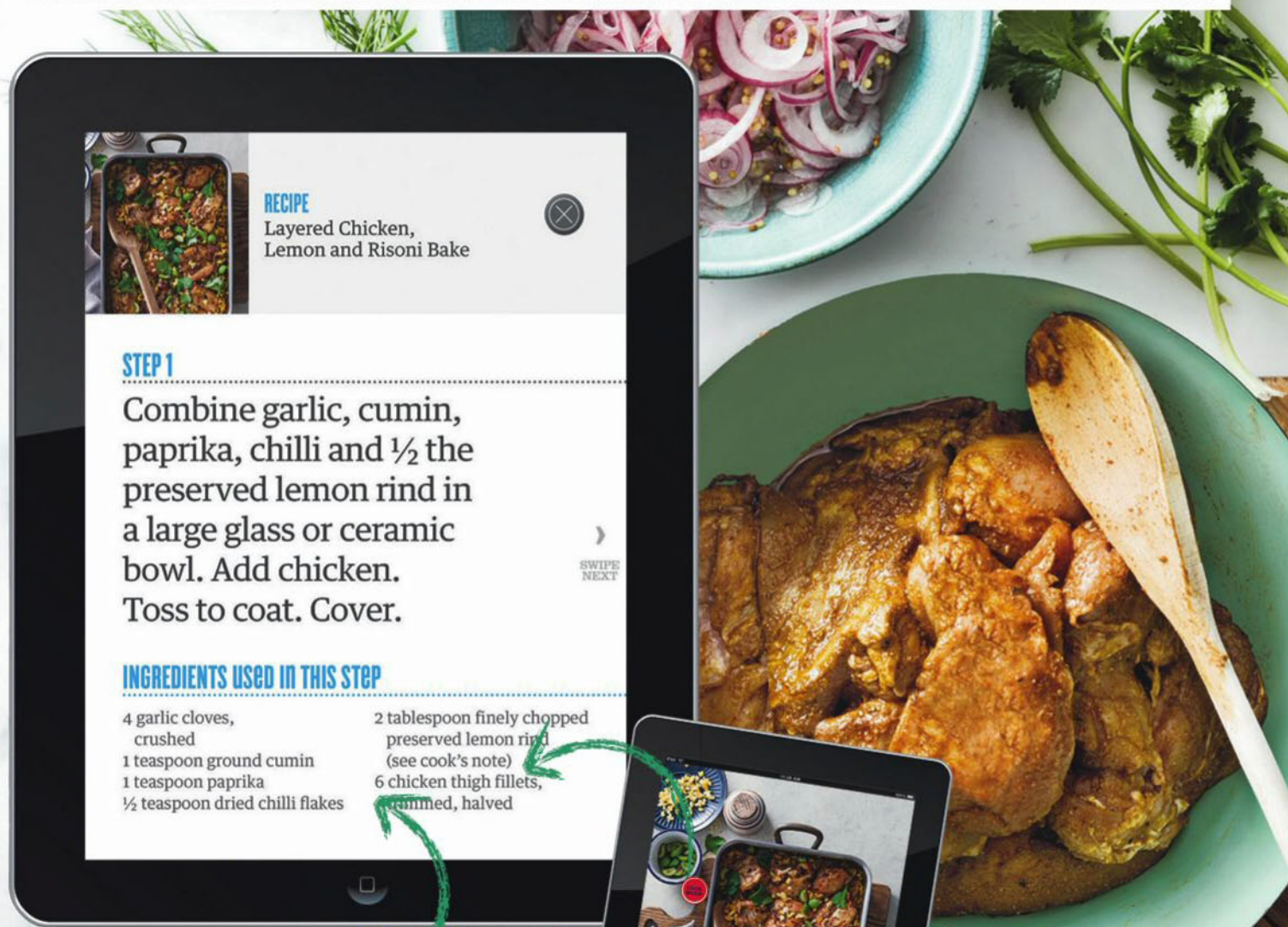
5.5
SERVES OF
VEGIES



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123 EASY AS



Claire says: Yes, you can make a fast, delicious dinner with a can of chunky soup, herbs and cheese. Don't believe me? Here's proof...



SPEEDY CASSOULET

THE INFO

+ HIGH FIBRE

30

\$5.71
PER SERVE



SPEEDY CASSOULET

SERVES 4

PREP 10 MINUTES

COOK 18 MINUTES

2½ tablespoons extra virgin olive oil

420g packet beef and pork

Italian-style sausages

400g bag ready-to-cook vegie mix

(see Claire's tips)

505g can Angus beef and red wine soup

1½ cups panko breadcrumbs

¼ cup finely grated parmesan

400g can cannellini beans,

drained, rinsed

¾ cup salt-reduced beef stock

½ cup roughly chopped fresh

basil leaves

1 Heat 2 teaspoons of the oil in a 22cm round (base) heavy-based, flameproof frying pan over medium-high heat. Squeeze sausage mince from casings and place in pan. Cook, breaking

up with a wooden spoon to form 2cm pieces, for 2 to 3 minutes or until browned. Add vegetables. Cook, stirring occasionally, for 8 to 10 minutes or until tender.

2 Meanwhile, place soup in a microwave-safe bowl. Microwave on HIGH (100%), stirring halfway through, for 2 minutes 30 seconds or until hot. Combine breadcrumbs, parmesan and remaining oil in a bowl. Season well with salt and pepper.

3 Preheat grill on medium-high heat. Add hot soup, beans and stock to vegetable mixture. Stir to combine. Bring to the boil. Reduce heat to medium. Simmer for 3 minutes or until slightly thickened. Remove from heat. Stir in basil. Sprinkle with breadcrumb mixture.

4 Transfer pan to grill. Grill cassoulet for 2 minutes or until breadcrumbs are golden and crunchy. Serve.

NUTRITION: (per serve) 2759kJ; 33.8g fat; 12g sat fat; 29.6g protein; 57.3g carbs; 9.5g fibre; 69mg chol; 1963mg sodium.

A certain magic happens as the parmesan cheese slowly cooks down with the tomato ragu.

CHEAT'S BEEF AND MUSHROOM RAGU

THE INFO

+ LOW FAT
+ LOW GI
+ LOW SATURATED FAT

25

\$3.73
PER SERVE

3.5
SERVES OF
VEGIES





CHEAT'S BEEF AND MUSHROOM RAGU

SERVES 4

PREP 10 MINUTES COOK 15 MINUTES

1 tablespoon extra virgin olive oil
 375g punnet sliced mushrooms
 4 garlic cloves, crushed
 505g can Angus beef and red wine soup
 (see Claire's tips)
 400g can cherry tomatoes in tomato juice
 ½ cup finely grated parmesan
 500g fresh fettuccine
 ½ cup shredded fresh basil leaves

1 Heat oil in a large, deep frying pan over medium-high heat. Add mushrooms. Cook for 3 to 4 minutes or until tender. Add garlic. Cook for 1 minute or until fragrant. Add soup, tomatoes and 2 tablespoons parmesan. Stir to combine. Bring to the boil. Reduce heat to low. Simmer for 8 to 10 minutes or until slightly thickened.

2 Meanwhile, cook pasta following packet directions. Drain.

3 Remove ragu from heat. Stir in ½ cup shredded basil. Add pasta. Season with salt and pepper. Toss to combine. Serve topped with remaining parmesan and shredded basil.

NUTRITION: (per serve) 2284kJ; 14.4g fat; 4.1g sat fat; 25g protein; 76.8g carbs; 10g fibre; 24mg chol; 677mg sodium. ■



Claire says:

+ FOR THE SPEEDY CASSOULET:

To save time, I bought a packet of pre-washed diced carrot, celery, leek, parsnip, turnip, broccoli and cauliflower stems from the supermarket.

+ FOR THE CHEAT'S BEEF AND MUSHROOM

RAGU: No slow simmering necessary for this ragu – the canned soup takes care of that.

A smiling woman with dark hair, wearing large white headphones and a blue denim jacket over a blue top, is the central figure. She is set against a solid red background. A speech bubble is positioned near her head.

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A BIT ON THE SIDE



Kim says: Matched with a juicy roast, these fun vegie chips are a crunchier, more delicious way to get some of your five-a-day

CRISPY-FRIED CHIPPIES WITH AIOLI AND CHILLI SAUCE

SERVES 4

PREP 15 MINUTES

COOK 15 MINUTES

500g red delight potatoes, unpeeled
1 litre vegetable oil, for deep-frying
2 teaspoons sea salt
½ cup whole-egg aioli
2 tablespoons hot chilli sauce
2 green onions, thinly sliced, to serve

- 1 Cut potatoes into 1mm-thick slices. Pat dry with paper towel to remove any excess moisture.
- 2 Heat oil in a large saucepan or wok over medium-high heat (see Kim's tip). Cook potatoes, in batches, for 2 minutes or until golden. Transfer to a baking tray lined with paper towel to drain. Sprinkle with sea salt.
- 3 Serve chips with aioli and chilli sauce and sprinkled with onion.

NUTRITION: (per serve) 2205kJ; 47.2g fat; 5.8g sat fat; 3.9g protein; 21.4g carbs; 2.7g fibre; 14mg chol; 1234mg sodium. >

Kim says:

To test if the oil is hot enough, drop a slice of potato into the saucepan. If the potato sizzles and bubbles form around it, the oil is ready.

CRISPY-FRIED
CHIPPIES WITH AIOLI
AND CHILLI SAUCE

THE INFO

+ SUPER EASY

30

\$1.36
PER SERVE



BEST-EVER
POTATO CHIPS

THE INFO

+ CLASSIC
+ GLUTEN FREE
+ HIGH FIBRE
+ LOW SATURATED FAT

\$1.17
PER SERVE

2.5
SERVES OF
VEGIES

BEST-EVER POTATO CHIPS

SERVES 6

PREP 10 MINUTES COOK 1 HOUR

1.25kg large sebago potatoes, peeled

¼ cup extra virgin olive oil

1 teaspoon sea salt

½ teaspoon cracked black pepper

1 Preheat oven to 230°C/210°C fan-forced. Line 2 large baking trays with baking paper. Cut potatoes into 1cm-thick slices. Cut each slice into 1cm-thick chips.
2 Cook chips, in 2 batches, in a large saucepan of boiling water, for 4 minutes. Drain well. Pat dry with paper towel to remove any excess moisture. Transfer chips to prepared trays. Drizzle with oil. Season with sea salt and cracked pepper. Toss to coat. Spread out chips to form a single layer.

3 Roast for 50 minutes, turning during cooking, or until golden and crisp.

NUTRITION: (per serve) 891kJ; 9.8g fat; 1.3g sat fat; 4.4g protein; 24.5g carbs; 3.9g fibre; 0mg chol; 332mg sodium.

CURLY CARROT FRIES

SERVES 4

PREP 15 MINUTES COOK 15 MINUTES

YOU'LL NEED A SPIRAL SLICER FOR THIS RECIPE.

4 carrots, peeled

1 litre vegetable oil, for deep-frying

2 teaspoons chopped fresh

rosemary leaves

2 teaspoons sea salt

½ teaspoon cracked black pepper

1 Using a spiral slicer, cut carrot into long thin noodle shapes. Cut into shorter

lengths. Pat dry with paper towel to remove any excess moisture.

2 Pour oil into a large deep frying pan. Heat over medium-high heat.

3 Cook carrot, in 2 batches, for 4 to 5 minutes or until golden and crisp (see Kim's tip).

Transfer to a baking tray lined with paper towel. Sprinkle with rosemary, sea salt and cracked pepper. Toss to coat. Serve.

NUTRITION: (per serve) 876kJ; 18.6g fat; 2.4g sat fat; 1.2g protein; 7.2g carbs; 5.7g fibre; 0mg chol; 1031mg sodium.

Kim says:

FOR THE CURLY CARROT FRIES: Make sure the oil is hot enough when adding the carrot, otherwise they will soak up the oil and become soggy. To test if oil is hot enough, see tip p63.

CURLY CARROT
FRIES

THE INFO

30

\$0.95
PER SERVE



CHEESY SWEET POTATO WEDGES

SERVES 6

PREP 10 MINUTES COOK 50 MINUTES

6 small (400g) orange sweet potatoes, peeled (see note)
 1½ tablespoons extra virgin olive oil
 1 teaspoon paprika
 2 teaspoons ground cumin
 ½ teaspoon sea salt
 300g can red kidney beans, drained, rinsed
 1½ cups grated smoked cheddar
 ¼ cup chopped fresh coriander

1 Preheat oven to 220°C/200°C fan-forced. Line a large baking tray with baking paper.

2 Cut each sweet potato in half lengthways. Cut into wedges.

3 Cook wedges, in batches, in a large saucepan of boiling water for 4 minutes. Drain well. Pat dry with paper towel to remove any excess moisture. Place in a large bowl. Drizzle with oil. Toss to coat. Sprinkle with paprika, cumin and sea salt. Toss to coat. Transfer to prepared tray, arranging wedges in a single layer.

4 Roast for 25 minutes, turning during cooking, or until golden and tender. Sprinkle with beans and cheddar. Cook for a further 15 minutes or until cheese is melted and starts to brown. Serve sprinkled with coriander.

NUTRITION: (per serve) 1407kJ; 19.5g fat; 8.7g sat fat; 15.7g protein; 21.5g carbs; 6.2g fibre; 40mg chol; 522mg sodium. >

Cook's note:

We used 2 x 200g packets of sweet potatoes to make these wedges. If buying loose sweet potatoes, look for evenly-sized ones.

CHEESY SWEET
POTATO WEDGES

THE INFO

\$2.19
PER SERVE



SPICE-ROASTED
BEETROOT AND
PUMPKIN CHIPS
WITH ROASTED
GARLIC YOGHURT

THE INFO

\$1.83
PER SERVE

5.5
SERVES OF
VEGIES

SPICE-ROASTED BEETROOT AND PUMPKIN CHIPS WITH ROASTED GARLIC YOGHURT

SERVES 4

PREP 15 MINUTES COOK 50 MINUTES

2 (1kg) beetroot, trimmed,
peeled (see notes)
800g kent pumpkin, peeled
2 tablespoons extra virgin olive oil
2 teaspoons ground cumin
1 teaspoon fennel seeds,
lightly crushed (see notes)
1 teaspoon sea salt
4 garlic cloves, unpeeled
1 cup plain Greek-style yoghurt

1 Preheat oven to 220°C/200°C fan-forced.
Line 2 large baking trays with baking paper.

2 Cut beetroot and pumpkin into 2.5cm
thick chips. Place each onto separate
prepared trays. Drizzle with oil. Combine

cumin, fennel and sea salt. Sprinkle evenly
over beetroot and pumpkin. Season with
pepper. Toss to coat. Add garlic to trays.

3 Roast for 50 minutes or until golden
and tender.

4 Carefully squeeze garlic from skins.
Transfer to a bowl. Mash with a fork. Stir
in yoghurt. Season with salt and pepper.
Serve chips with garlic yoghurt.

NUTRITION: (per serve) 1230kJ; 15.6g fat;
5.1g sat fat; 8.6g protein; 28.8g carbs;
7g fibre; 13mg chol; 692mg sodium.

Cook's note:

+ Wear disposable gloves when peeling and
cutting beetroot to prevent staining hands.

+ Use a mortar and pestle to crush fennel
seeds or place in a snap-lock bag, seal and
pound with a rolling pin until lightly crushed.

**BABY CARROT CHIPS
WITH BASIL, CHILLI AND
PECORINO GREMOLATA**

THE INFO

+ ENTERTAINING
+ GLUTEN FREE
+ HIGH FIBRE
+ LOW SATURATED FAT

\$2.06
PER SERVE

3
SERVES OF
VEGIES

**PARSNIP, LEEK AND
THYME CHIPS**

THE INFO

20

\$3.74
PER SERVE

2.5
SERVES OF
VEGIES

BABY CARROT CHIPS WITH BASIL, CHILLI AND PECORINO GREMOLATA

SERVES 6

PREP 20 MINUTES

COOK 40 MINUTES

- 3 bunches baby (Dutch) carrots,**
trimmed, peeled
- 2 garlic cloves, thinly sliced**
- 2 teaspoons extra virgin olive oil**
- ½ teaspoon sea salt**
- ½ cup fresh basil leaves, chopped**
- ½ cup fresh flat-leaf parsley**
leaves, chopped
- ¼ cup grated pecorino**
- 2 small red chillies, seeded,**
finely chopped

1 Preheat oven to 230°C/210°C fan-forced. Line a large baking tray with baking paper.
2 Cook carrot, in 2 batches, in a large saucepan of boiling water, for 5 minutes. Drain well. Pat dry with paper towel to remove any excess moisture.

3 Cut carrot in half lengthways. Transfer to prepared tray. Add garlic and oil. Toss to coat. Transfer to prepared tray, arranging carrot in a single layer. Season with sea salt and pepper.

4 Roast for 30 minutes, turning halfway during cooking, or until carrots start to char.

5 Combine basil, parsley, pecorino and chilli in a bowl. Sprinkle over carrot. Serve.

NUTRITION: (per serve) 336kJ; 3.1g fat; 1.1g sat fat; 2.6g protein; 8.1g carbs; 5.2g fibre; 4mg chol; 285mg sodium.

PARSNIP, LEEK AND THYME CHIPS

SERVES 4

PREP 10 MINUTES COOK 10 MINUTES

- 1 litre vegetable oil, for deep-frying**
- 4 parsnips, peeled, cut into thin ribbons**
- 1 leek, trimmed, halved, cut into**
long thin strips
- 2 teaspoons sea salt**
- 2 teaspoons chopped fresh thyme leaves,**
plus extra sprigs to serve

Crispy Bacon Sour Cream

2 teaspoons extra virgin olive oil

2 middle bacon rashers,
trimmed, finely chopped

¾ cup sour cream

1 Make Crispy Bacon Sour Cream Heat oil in a frying pan. Cook bacon, stirring occasionally, for 5 minutes or until browned and crisp. Transfer to a plate lined with paper towel to drain. Cool. Add ½ the bacon to sour cream. Stir to combine. Sprinkle with remaining bacon.
2 Meanwhile, heat oil in a large deep frying pan over medium-high heat. Cook parsnip and leek, in batches, until golden and crisp. Transfer to a baking tray lined with paper towel to drain. Season with pepper. Sprinkle with sea salt and thyme.
3 Serve chips with sour cream mixture and extra thyme.

NUTRITION: (per serve) 2109kJ; 44.8g fat; 15.5g sat fat; 8.8g protein; 15.5g carbs; 4.6g fibre; 66mg chol; 1338mg sodium. ■

QUICK DINNERS

Best Recipes member blb003 knows it's that perfect combo of cheesy, saucy and salty that makes the ultimate pasta bake

winner!

"This is my go-to recipe for a meal that's delicious, impressive and easy."

Winner's bio

NAME:

Bernadette Hendry

PROFILE NAME:

blb003

THEME:

Quick dinners

RECIPE:

Creamy Chicken and Spinach Shell Bake

WHAT INSPIRED THIS RECIPE? "I like to put a new spin on things. This dish evolved from an old lasagne recipe."

WHO DO YOU COOK THIS RECIPE FOR?

"I have cooked this for family and friends, but my husband is the main beneficiary."

CREAMY CHICKEN
AND SPINACH
SHELL BAKE

THE INFO

40

\$2.24
PER SERVE



We also liked... Thanks to all of you who submitted your fabulous recipes. Here are some of our favourites...

CREAMY CHICKEN AND SPINACH SHELL BAKE

SERVES 6

PREP 10 MINUTES (PLUS COOLING)

COOK 30 MINUTES

30 jumbo pasta shells (see notes)

40g butter

¼ cup plain flour

1¾ cups milk

190g jar basil pesto

1 cup finely chopped cooked chicken (see notes)

60g baby spinach

700g bottle tomato passata

¾ cup grated mozzarella

Fresh basil leaves, to serve

1 Preheat oven to 180°C/160°C fan-forced. Cook pasta in a large saucepan following packet directions. Drain well. Refresh under cold water. Set aside to cool.

2 Meanwhile, melt butter in a saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until mixture is combined. Gradually add milk, whisking constantly. Continue whisking over heat for 5 minutes or until mixture thickens. Add pesto, chicken and spinach. Stir over heat for 1 minute or until spinach has wilted. Season. Set aside for 20 minutes to cool slightly.

3 Pour passata over base of a 5cm-deep, 34cm round (top) ovenproof dish. Spoon pesto mixture into shells. Place shells, in a single layer, in prepared dish. Sprinkle with mozzarella.

4 Bake for 20 minutes or until cheese is melted and golden and shells are heated through. Sprinkle with basil. Serve.

NUTRITION: (per serve) 2228kJ; 26.8g fat; 9.9g sat fat; 21.6g protein; 50.1g carbs; 5.1g fibre; 45mg chol; 632mg sodium.

Cook's notes:

+ Jumbo pasta shells are available from gourmet delis and greengrocers.

+ You will need 1 small cooked chicken breast for this recipe.



Italian Sausages with Cheesy Polenta

PROFILE NAME:

ELORAC

These saucy sausages make for a simple dinner that's sure to be loved by the whole family. Elorac says you can use plain beef sausages, but "I love the flavour that comes from using Italian sausages".



Smoked Eggplants with Garlic Yoghurt and Spicy Beef

PROFILE NAME:

SERYEM

Switch up your weekly repertoire with this quick Middle Eastern dish. Next time we're going to add some crunch with a side of toasted bread chips.



Weeknight Pizza

PROFILE NAME:

MISHA11

Never wait for pizza dough to rise again with this quick pizza recipe ready in a hurry. Our home cook Misha11 suggests doubling the recipe to feed a larger family or for leftovers, which also taste great the next day.

Are you the next Home Cook Hero?



Do you have a clever recipe idea that serves just one or two people? Here's your chance to show *Best Recipes* that small-serve meals can be

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MOUSSAKA PASTA BAKE

THE INFO

+ CLASSIC MAKEOVER
+ LOWER SODIUM

\$2.55
PER SERVE



3
SERVES OF
VEGIES

WEEKEND

GET A **TASTE OF N'AWLINS** » GO NUTS OVER
OUR **GIANT PICNIC CAKE** » DO A DOUBLE
TAKE WITH OUR **HALF 'N' HALF SWEETS** »
STEP BACK IN TIME INTO **NAN'S KITCHEN**



MOUSSAKA PASTA BAKE

SERVES 6

PREP 10 MINUTES (PLUS 15 MINUTES
STANDING) **COOK** 1 HOUR 15 MINUTES

- ¼ cup extra virgin olive oil
- 1 large eggplant, cut into 2cm cubes
- 1 large brown onion, finely chopped
- 2 garlic cloves, crushed
- 600g lamb mince
- 1 teaspoon ground allspice
- ½ teaspoon ground nutmeg
- 2 x 400g cans chopped tomatoes
- 200g dried tubular spaghetti
- ½ cup finely grated parmesan

Bechamel

- 60g butter
- ½ cup plain flour
- 2 cups milk

1 Preheat oven to 200°C/180°C fan-forced. Lightly grease a 6cm-deep, 20cm x 28cm (base), 10-cup capacity baking dish.
2 Heat 2 tablespoons oil in frying pan over medium-high heat. Add eggplant. Cook for 5 minutes or until tender. Add onion. Cook, stirring, for 8 minutes or until softened. Add garlic. Cook, stirring, for 1 minute or until fragrant. Transfer mixture to a bowl.
3 Heat remaining oil in pan over medium-high heat. Add mince. Cook, breaking up with a wooden spoon, for 6 to 8 minutes or until browned. Return eggplant mixture to pan with allspice, nutmeg and tomatoes. Season with salt and pepper. Bring to the boil. Reduce heat to medium-low. Simmer, stirring occasionally, for 10 to 15 minutes or until sauce is thick and liquid has evaporated.

4 Meanwhile, cook pasta following packet directions. Drain. Transfer to a large bowl. Add mince mixture. Toss gently to combine.

5 **Make Bechamel** Melt butter in a saucepan over medium-high heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Gradually stir in milk. Bring to the boil. Reduce heat to medium. Cook, stirring, for 3 to 5 minutes or until mixture bubbles and thickens. Remove from heat.

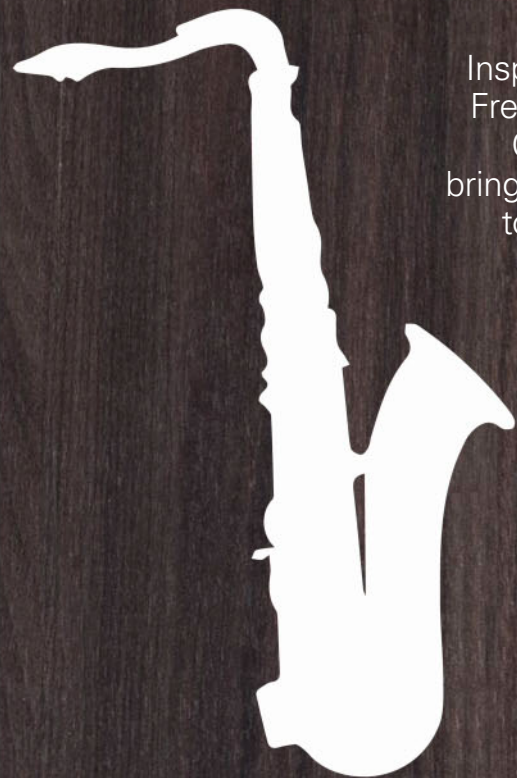
6 Transfer pasta mixture to prepared dish. Spoon over bechamel. Sprinkle with parmesan. Bake for 30 minutes or until golden. Stand for 15 minutes. Serve.

NUTRITION: (per serve) 2489kJ; 30.9g fat; 13.2g sat fat; 33.7g protein; 44.2g carbs; 5.3g fibre; 90mg chol; 315mg sodium. ■

Creole

AND ALL THAT JAZZ

Inspired by the fiery fusion of Spanish,
French and African flavours that is the
Creole food of New Orleans, we
bring you a soul-satisfying seafood menu
to spice up your next dinner party





MINT JULEP
THE INFO

15

\$3.95
PER SERVE

Menu

DRINK

Mint Julep

STARTERS

Hush Puppies

Warm Crab Dip

MAIN

Blackened Fish
with Creole Sauce

Chicken and
Prawn Jambalaya

SIDES

Corn Maque
Choux

Creole Potato
Salad

DESSERT

Lemon Chess Pie



CREOLE
SEASONING

THE INFO

\$3.75
PER ¼ CUP

CREOLE SEASONING

MAKES ¾ CUP

PREP 5 MINUTES

THIS VERSATILE SEASONING IS USED IN SEVERAL RECIPES IN THIS FEATURE. IT ALSO WORKS WELL AS A RUB FOR CHICKEN AND BEEF, AND MAKES A GREAT GIFT IN A FANCY SPICE JAR.

- ¼ cup sweet paprika
- 1 tablespoon sea salt flakes
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 2 teaspoons dried thyme
- 2 teaspoons ground black pepper
- 1 teaspoon cayenne pepper (optional)

1 Place all ingredients in an airtight container or jar. Stir to combine. Secure lid. Store in a cool, dark place for up to 3 months.

MINT JULEP

SERVES 8

PREP 15 MINUTES

- 8 sprigs fresh mint
- ½ cup caster sugar
- 1½ cups cold water
- 2 cups Kentucky bourbon
- 3 cups crushed ice

1 Combine the mint, sugar, cold water and bourbon in a large jug.
2 Divide crushed ice among 8 serving glasses. Pour over mint julep mixture. Serve immediately.

HUSH PUPPIES

SERVES 8 (MAKES 32 AS A STARTER)

PREP 15 MINUTES

COOK 15 MINUTES

- 1½ cups polenta
- 1 cup self-raising flour
- 1½ tablespoons Creole Seasoning (see recipe, left)
- 2 green onions, finely chopped
- 2 eggs, lightly beaten
- 1 fresh jalapeño chilli, finely chopped (optional)
- 1½ cups buttermilk
- Vegetable oil, for deep-frying
- Extra sliced fresh jalapeño chilli and fresh flat-leaf parsley leaves, to serve

1 Combine polenta, flour and seasoning in a large bowl. Make a well in the centre. Whisk onion, egg, jalapeño chilli, if using, and buttermilk together in a large jug. Add buttermilk mixture to flour mixture. Stir to combine.
2 Pour enough oil into a medium saucepan to reach 3cm up side of pan. Heat over medium-high heat until temperature reaches 180°C (see Amira's tip). Carefully drop 8 level tablespoons of batter into oil. Deep-fry, turning occasionally, for 3 minutes or until golden. Transfer to a tray lined with paper towel to drain. Repeat with remaining batter.
3 Serve hush puppies immediately, sprinkled with extra jalapeño and extra flat-leaf parsley.
NUTRITION: (per serve) 1015kJ; 10g fat; 1.8g sat fat; 6.5g protein; 30.7g carbs; 2.1g fibre; 41mg chol; 192mg sodium.

WARM CRAB DIP

SERVES 8

PREP 10 MINUTES (PLUS COOLING)

COOK 35 MINUTES

- 45cm-long baguette, sliced
- Olive oil cooking spray
- 30g butter
- 1 red onion, finely chopped
- 1 celery stalk, finely chopped
- 3 garlic cloves, crushed
- 250g cream cheese, chopped, softened
- ½ cup light whole-egg mayonnaise
- 3 x 170g cans crab meat, drained (see Amira's tip)
- ¼ cup chopped fresh chives
- 40g goat's cheese, crumbled
- 1 cup fresh breadcrumbs
- Extra chopped fresh chives, to serve

1 Preheat oven to 220°C/200°C fan-forced. Line a large baking tray with baking paper.
2 Place bread on prepared tray. Spray both sides with oil. Bake for 12 to 15 minutes or until golden and crisp, turning halfway. Cool.
3 Meanwhile, melt butter in a saucepan over medium heat. Add onion and celery. Cook, stirring, for 5 minutes or until just softened. Add garlic. Cook for 1 minute or until fragrant. Add cream cheese. Stir until smooth. Remove from heat. Stir in mayonnaise, crab and chives. Season.
4 Place crab mixture into a shallow, 4 cup-capacity ovenproof dish. Sprinkle with goat's cheese, then breadcrumbs. Spray with oil.
5 Bake for 15 to 20 minutes or until golden. Cool for 15 minutes. Sprinkle with extra chives. Serve with bread.
NUTRITION: (per serve) 1612kJ; 21.5g fat; 11.1g sat fat; 14.7g protein; 32g carbs; 2.1g fibre; 87mg chol; 982mg sodium. ➤



Amira says:

+ FOR THE HUSH PUPPIES:

If you don't have a thermometer, you can use a wooden spoon to test when the oil is hot enough. Dip the end of the handle into the oil. The oil is hot enough when bubbles form and break around the handle.

+ FOR THE WARM CRAB DIP: You could also use 400g cooked fresh crab meat for this recipe instead of the canned variety.

HUSH PUPPIES

THE INFO

+ VEGETARIAN

30

\$0.58
PER SERVE



CRAB DIP

THE INFO

\$2.98
PER SERVE



BLACKENED FISH
WITH CREOLE SAUCE

THE INFO

+ HIGH FIBRE

\$6.45
PER SERVE

3
SERVES OF
VEGIES

CORN MAQUE
CHOUX

THE INFO

+ SUPER EASY

25

\$1.12
PER SERVE

CREOLE POTATO
SALAD

THE INFO

- + HIGH FIBRE
- + LOW SATURATED FAT
- + SUPER EASY

25

\$1.25
PER SERVE

2.5
SERVES OF
VEGIES

CHICKEN AND
PRAWN
JAMBALAYA

THE INFO

+ ONE PAN

55

\$3.77
PER SERVE





BLACKENED FISH
WITH CREOLE SAUCE

THE INFO

+ HIGH FIBRE

\$6.45
PER SERVE

3
SERVES OF
VEGIES

BLACKENED FISH WITH CREOLE SAUCE

SERVES 8

PREP 30 MINUTES

COOK 1 HOUR 5 MINUTES

2.5kg whole snapper or barramundi

(see Amira's tip)

40g butter, melted

¼ cup Creole Seasoning

(see recipe p74)

Fresh flat-leaf parsley sprigs, to serve

Creole Sauce

1.5kg ripe tomatoes

1 tablespoon extra virgin olive oil

1 brown onion, chopped

1 small green capsicum, thinly sliced

1 small red capsicum, thinly sliced

**2 celery stalks, trimmed, halved
lengthways, sliced**

3 garlic cloves, crushed

1 tablespoon Creole Seasoning

(see recipe p74)

2 sprigs fresh thyme

1 tablespoon worcestershire sauce

**2 tablespoons chopped fresh flat-leaf
parsley leaves**

1 Make Creole Sauce Cut a small cross in the base of each tomato and place in a heatproof bowl. Cover with boiling water. Stand for 1 minute. Transfer to a bowl of iced water. Stand for 1 minute. Drain. Peel and chop tomatoes.

2 Heat oil in a frying pan over medium heat. Add onion, capsicum and celery. Cook, stirring, for 10 minutes or until softened. Add garlic, seasoning and thyme. Cook for 30 seconds or until fragrant. Add tomatoes and worcestershire sauce. Bring to a simmer.

Season. Reduce heat to low. Cook for 50 minutes or until thickened. Stir in parsley.
3 Meanwhile, preheat oven to 220°C/200°C fan-forced. Line a large baking tray with baking paper. Place fish fillets skin-side down on prepared tray. Brush fish generously with butter. Sprinkle with

CORN MAQUE CHOUX

THE INFO

+ SUPER EASY

25

\$1.12
PER SERVE

seasoning, pressing lightly to secure.

4 Bake for 25 minutes or until seasoning has darkened and fish is cooked through. Transfer to a serving plate. Serve with parsley and sauce.

NUTRITION: (per serve) 1234kJ; 9.6g fat; 8.3g sat fat; 41.9g protein; 8.3g carbs; 4g fibre; 132mg chol; 515mg sodium.

CORN MAQUE CHOUX

SERVES 8 (AS A SIDE)

PREP 10 MINUTES **COOK** 15 MINUTES

4 corn cobs, husks and silk removed

2 teaspoons extra virgin olive oil

**4 middle bacon rashers,
trimmed, chopped**

1 brown onion, halved, thinly sliced

1 green capsicum, finely chopped

1 celery stalk, trimmed, finely chopped

⅓ cup thickened cream

1 green onion, sliced diagonally

1 Using a knife, cut kernels from cobs (see Amira's tip).

2 Heat oil in a large saucepan over medium-high heat. Add bacon. Cook for 3 minutes or until crisp. Add brown onion, capsicum and celery. Cook for 5 minutes or until softened.

3 Add corn and 2 tablespoons of water to pan. Cook for 5 minutes or until corn is just tender. Stir in cream. Season with salt and pepper. Serve sprinkled with green onion.

NUTRITION: (per serve) 577kJ; 7.9g fat; 3.4g sat fat; 7.2g protein; 8g carbs; 3.3g fibre; 23mg chol; 358mg sodium.

Amira says:

+ **FOR THE BLACKENED FISH:** Ask your fishmonger to cut 2 whole side fillets of fish.

+ **FOR THE CORN MAQUE CHOUX:** When removing kernels from cobs, keep any juice that comes out and add to the mixture.

CREOLE POTATO SALAD

THE INFO

+ HIGH FIBRE
+ LOW SATURATED FAT
+ SUPER EASY

25

\$1.25
PER SERVE2.5
SERVES OF
VEGIES

CREOLE POTATO SALAD

SERVES 8 (AS A SIDE)

PREP 15 MINUTES COOK 10 MINUTES

1.2kg red delight potatoes, chopped
2 celery stalks, sliced (pale leaves reserved)
2 hard-boiled eggs, peeled, quartered
(see note)
3 dill pickles, finely chopped
2 green onions, sliced
1 green capsicum, cut into 4cm long strips
½ cup light whole-egg mayonnaise
1 tablespoon red wine vinegar
1 tablespoon worcestershire sauce
2 teaspoons dijon mustard
¼ teaspoon Tabasco sauce
Pinch of Creole Seasoning
(see recipe p74), to serve

1 Place potato in a large saucepan. Cover with cold water. Bring to the boil over high heat. Boil for 8 to 10 minutes or until just tender. Drain. Rinse under cold water. Drain.
2 Place potato, celery, egg, pickles, onion and capsicum in a large bowl.
3 Combine mayonnaise, vinegar, worcestershire sauce, mustard and Tabasco in a medium jug. Add dressing to potato mixture. Toss gently to combine.
4 Serve salad topped with reserved celery leaves and sprinkled with seasoning.
NUTRITION: (per serve) 777kJ; 6.2g fat; 1g sat fat; 6g protein; 23.8g carbs; 3.7g fibre; 58mg chol; 358mg sodium.

Cook's note:

For hard-boiled eggs, cover eggs with cold water in a saucepan. Bring to the boil. Reduce heat to medium. Simmer for 6 to 7 minutes.

CHICKEN AND PRAWN JAMBALAYA

THE INFO

+ ONE PAN

55

\$3.77
PER SERVE

CHICKEN AND PRAWN JAMBALAYA

SERVES 8 (AS PART OF A MENU)

PREP 15 MINUTES COOK 40 MINUTES

2 tablespoons extra virgin olive oil
8 chicken lovely legs
2 chorizo, sliced
1 large red onion, sliced
2 celery stalks, trimmed, sliced
1 red capsicum, chopped
2 dried bay leaves
2 tablespoons Creole Seasoning
(see recipe p74)
3 cups white long-grain rice
400g can crushed tomatoes
1 litre chicken stock
8 large green tiger prawns, peeled
(tails intact), deveined
2 tablespoons chopped fresh flat-leaf parsley

1 Heat oil in a deep frying pan over medium-high heat. Add chicken. Cook,

turning, for 6 to 8 minutes or until well browned all over. Transfer chicken to a heatproof plate.

2 Add chorizo and onion to pan. Cook, stirring, for 5 minutes or until onion softens. Add celery, capsicum and bay leaves. Cook for 2 minutes or until capsicum starts to soften. Add seasoning. Cook for 30 seconds or until fragrant. Add rice. Cook for 1 minute, stirring to coat. Add tomato and stock. Bring to a simmer. Return chicken to pan. Reduce heat to low. Cover. Simmer for 10 to 15 minutes or until rice is almost tender.
3 Arrange prawns over rice mixture. Cover. Cook for 5 minutes or until rice is tender and chicken and prawns are cooked through. Remove from heat. Stand, covered, for 5 minutes. Remove and discard bay leaves. Serve sprinkled with parsley.

NUTRITION: (per serve) 2455kJ; 15g fat; 4.1g sat fat; 42g protein; 68.1g carbs; 3g fibre; 147mg chol; 1175mg sodium. ➤



LEMON CHESS PIE

THE INFO

\$1.16
PER SERVE



LEMON CHESS PIE

SERVES 8

PREP 20 MINUTES (PLUS REFRIGERATION AND COOLING) **COOK** 1 HOUR

- 1½ cups caster sugar
- 2 tablespoons plain flour
- 2 tablespoons polenta
- 5 eggs
- 1 tablespoon finely grated lemon rind
- ½ cup lemon juice
- 80g butter, melted, cooled
- 300ml tub thickened cream, whipped, and lemon zest, to serve

Pastry

- 2 cups plain flour
- ¼ teaspoon salt
- 160g butter, chilled, chopped
- 2 tablespoons caster sugar
- 1 egg
- 1½ tablespoons lemon juice

- 1 Make Pastry Place flour, salt, butter and sugar in a food processor. Process until mixture resembles fine crumbs. Add egg and lemon juice. Process until mixture just comes together. Shape into a disc. Wrap in plastic wrap. Refrigerate for 1 hour.
- 2 Grease a 5cm-deep, 17cm round (base) glass or ceramic pie dish (see note). Roll pastry out between 2 sheets of baking paper until large enough to line base and side of prepared pie dish. Line dish with pastry. Trim edges. Crimp edge in a decorative pattern. Refrigerate for 30 minutes.
- 3 Preheat oven to 180°C/160°C fan-forced. Line pastry case with baking paper. Fill with baking weights or uncooked rice. Blind-bake for 10 minutes. Remove pie weights or uncooked rice and paper. Bake for a further 6 minutes or until pastry is just cooked but not browned. Cool for 30 minutes.
- 4 Whisk sugar, flour and polenta in a bowl until combined. Add eggs, whisking until

Time plan

GET THIS DELICIOUS MENU ON THE TABLE WITH OUR EASY-TO-FOLLOW PLAN.

1 DAY AHEAD

- ★ Make Creole Seasoning.
- ★ Make Lemon Chess Pie up to end of step 5.
- ★ Make Blackened Fish up to the end of step 2 (without adding the parsley). Place sauce in an airtight container. Refrigerate.

4 HOURS BEFORE GUESTS ARRIVE

- ★ Make Warm Crab Dip up to end of step 2. Store at room temperature.
- ★ Make step 1 and step 3 of the Creole Potato Salad. Store potato and dressing in separate containers. Refrigerate.

1 HOUR BEFORE GUESTS ARRIVE

- ★ Make Chicken and Prawn Jambalaya.

30 MINUTES BEFORE GUESTS ARRIVE

- ★ Complete Blackened fish. Reheat sauce in a frying pan on medium-low heat, covered, for 5 minutes. Stir in parsley.
- ★ Complete Warm Crab Dip.

JUST BEFORE SERVING

- ★ Make Mint Julep.
- ★ Make Hush Puppies.
- ★ Make Corn Maque Choux.
- ★ Complete Creole Potato Salad.
- ★ Complete Lemon Chess Pie.

combined. Stir in lemon rind, lemon juice and butter. Pour into prepared pie case.

5 Bake for 40 minutes or until filling is just set (pie should still be slightly wobbly in the centre). Cool. Refrigerate for 1 hour.

6 Serve pie topped with cream and sprinkled with lemon zest.

NUTRITION: (per serve) 2995kJ; 41.9g fat; 25.8g sat fat; 10.3g protein; 76.2g carbs; 1.6g fibre; 221mg chol; 362mg sodium. ■

Cook's note:

Our dish measured 22cm across the top. If your pie dish has a wide edge, only cover 1cm of the edge with pastry. This will make it easier to cut and serve.

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HALF & HALF



Claire says: I've found the way to have the best of both worlds. When two sweets are equally addictive, just fuse them into one



CHOC-CHIP
BROWNIE AND
PEANUT BUTTER
COOKIES

THE INFO

\$0.38
EACH



RED VELVET
CHEESECAKE
SWIRL BROWNIE

THE INFO

\$0.47
EACH

CHOC-CHIP BROWNIE AND PEANUT BUTTER COOKIES

MAKES 30

PREP 30 MINUTES (PLUS 20 MINUTES REFRIGERATION AND COOLING)

COOK 20 MINUTES

100g dark chocolate, chopped
200g butter, softened
1 cup firmly packed brown sugar
2 eggs, lightly beaten
2 tablespoons cocoa powder
2 ¼ cups plain flour
½ teaspoon bicarbonate of soda
¾ cup milk choc chips
½ cup crunchy peanut butter
¼ cup caster sugar
½ teaspoon vanilla extract
¼ cup self-raising flour
¾ cup white choc chips

1 Place dark chocolate and ½ of the butter in a saucepan over low heat. Cook, stirring, for 2 to 3 minutes or until melted and smooth. Transfer to a large heatproof bowl. Stand for 10 minutes to cool.

2 Add ½ of the brown sugar and ½ of the egg. Stir until combined. Sift cocoa, 1 ¼ cups of the plain flour and ½ of the bicarbonate of soda over chocolate mixture. Add milk choc chips. Stir until well combined. Set aside.

3 Preheat oven to 180°C/160°C fan-forced. Line 2 large baking trays with baking paper.

4 Using an electric mixer, beat peanut butter, caster sugar, vanilla and remaining butter and brown sugar until light and fluffy. Add remaining egg. Beat until combined. Sift self-raising flour and remaining plain flour and bicarbonate of soda over peanut butter mixture. Add white choc chips. Stir until well combined.

5 Roll 1 level tablespoon brownie mixture into a 4cm-long log. Roll 1 level tablespoon of peanut butter mixture into a 4cm-long log. Roll logs together and shape to form a 5cm disc. Repeat with remaining mixtures to make 30 discs. Place discs, 4cm apart, on prepared trays. Refrigerate for 20 minutes or until firm (see Claire's tip).

6 Bake for 12 to 15 minutes, swapping position of trays halfway through cooking, or until light golden and just firm to touch. Stand on trays for 5 minutes. Transfer to a wire rack to cool. Serve.

NUTRITION: (each) 963kJ; 12.5g fat; 6.5g sat fat; 3.8g protein; 25.8g carbs; 0.9g fibre; 24mg chol; 134mg sodium.



CHOC-CHIP BROWNIE AND PEANUT BUTTER COOKIES

THE INFO

\$0.38
EACH

BERRY ICE-CREAM JELLY PIE

SERVES 8

PREP 25 MINUTES (PLUS 30 MINUTES REFRIGERATION AND OVERNIGHT FREEZING)

250g packet shortbread cream biscuits
60g butter, melted, cooled
395g can sweetened condensed milk
2 teaspoons vanilla extract
600ml tub thickened cream
1 cup frozen raspberries, plus extra to serve
85g packet strawberry jelly crystals
White chocolate curls, to serve

1 Using a food processor, process shortbread biscuits until fine crumbs. Add butter. Process until just combined. Press mixture over the base and side of a 6cm-deep, 20cm (base) springform cake pan, leaving a 2cm gap from the top. Refrigerate for 30 minutes.

2 Using an electric mixer, beat condensed milk, vanilla and ½ of the cream until soft peaks form. Fold in raspberries. Spoon

mixture into prepared pan. Level top with a spatula. Cover surface with plastic wrap. Freeze overnight.

3 Using an electric mixer, beat remaining cream until just thickened. Add jelly crystals. Beat until soft peaks form. Spoon onto pie. Using a spatula, make peaks in cream. Freeze for 1 hour or until just firm.

4 Remove pie from pan and place on a serving plate. Top with extra raspberries and sprinkle with chocolate curls. Serve.

NUTRITION: (per serve) 3057kJ; 47.6g fat; 29.6g sat fat; 9.5g protein; 64.8g carbs; 3.3g fibre; 112mg chol; 307mg sodium.



Claire says:

FOR THE CHOC-CHIP BROWNIE AND PEANUT BUTTER COOKIES

Store in an airtight container for up to 1 week. Freeze the uncooked dough for up to 2 months. Wrap in plastic wrap, then foil, and pop into a large freezer bag. Thaw in the fridge or at room temperature.

BERRY
ICE-CREAM
JELLY PIE

THE INFO

\$1.65
PER SERVERED VELVET
CHEESECAKE SWIRL
BROWNIE

THE INFO

\$0.47
EACHRED VELVET CHEESECAKE
SWIRL BROWNIE

MAKES 24 PIECES

PREP 25 MINUTES (PLUS COOLING)

COOK 30 MINUTES

150g butter, chopped

200g dark chocolate, chopped

1 cup caster sugar

2 teaspoons cocoa powder

½ teaspoon bicarbonate of soda

1¾ cups plain flour

2 tablespoons buttermilk

¼ cup vegetable oil

1 teaspoon red liquid food colouring

½ teaspoon white vinegar

3 eggs

½ teaspoon vanilla extract

¼ cup self-raising flour

100g white chocolate,
roughly chopped

Vanilla Cream Cheese

½ x 250g block cream cheese, softened

1 tablespoon caster sugar

1 egg yolk

1 teaspoon vanilla extract

1 Place butter, dark chocolate and ¾ cup of sugar in a saucepan over medium heat. Cook, stirring, for 2 to 3 minutes or until melted and smooth. Set aside to cool for 15 minutes.

2 Meanwhile, preheat the oven to 170°C/150°C fan-forced. Grease a 3cm-deep, 20cm x 30cm (base) lamington pan. Line base and sides with baking paper, extending the paper 4cm above the edges of the pan.

3 Sift cocoa, bicarbonate of soda and ¾ cup of the plain flour into a large bowl. Stir in remaining caster sugar. Make a well. Whisk buttermilk, oil, red food colouring, vinegar, 1 egg and vanilla in a bowl. Add to cocoa mixture. Stir until smooth and combined.

4 Whisk remaining 2 eggs into cooled chocolate mixture until smooth and combined. Sift self-raising flour and remaining plain flour over mixture. Add white chocolate. Stir until well combined.

5 Make Vanilla Cream Cheese Using an electric mixer, beat cream cheese and

sugar until smooth. Add egg yolk and vanilla. Beat until well combined.

6 Pour chocolate mixture into prepared pan. Drop alternating spoonfuls of red velvet and cream cheese mixtures on top. Tap the base of pan on a flat surface to settle mixtures. Using a butter knife, swirl mixtures together to create a marbled effect.

7 Bake for 25 minutes or until a skewer inserted in the centre of the brownie comes out with moist crumbs clinging. Cool completely in pan. Holding the baking paper, lift brownie from pan. Cut into 24 pieces. Serve.

NUTRITION: (each) 1023kJ; 14.3g fat; 7.6g sat fat; 3.5g protein; 25.6g carbs; 0.4g fibre; 46mg chol; 122mg sodium. >

LEMON COCONUT CHEESECAKE CUPCAKES

MAKES 8

PREP 30 MINUTES (PLUS 30 MINUTES
REFRIGERATION AND COOLING)

COOK 20 MINUTES

250g block cream cheese, softened
2 teaspoons finely grated lemon rind
2 tablespoons caster sugar
250g packet Butternut Snap Cookies
⅓ cup desiccated coconut
80g butter, melted, cooled
¾ cup self-raising flour
Extra ¼ cup caster sugar
¼ cup milk
1 egg, lightly beaten
1 teaspoon vanilla extract
Extra 50g butter, melted, cooled

Frosting

60g butter, softened
1½ cups icing sugar mixture
1 teaspoon lemon juice

1 Grease 8 holes of a 12-hole, ⅓ cup-capacity muffin pan. Line base and side of each greased hole, crossways, with two 1cm x 15cm strips of baking paper.

2 Using an electric mixer, beat cream cheese, lemon rind and sugar until light and fluffy. Refrigerate for 30 minutes or until firm.

3 Meanwhile, using a food processor, process cookies and coconut until fine crumbs. Add butter. Process until combined. Divide mixture evenly among prepared holes. Using the back of a teaspoon, press mixture over base and up the side of each hole. Refrigerate for 10 minutes.

4 Preheat oven to 180°C/160°C fan-forced.

5 Using 2 teaspoons of cheese mixture at a time, roll into 8 balls and place on a plate. Reserve remaining mixture for frosting. Combine flour and extra sugar in a bowl.

Make a well. Add milk, egg, vanilla and extra melted butter. Stir to combine. Spoon 1 level tablespoon batter into each prepared crust. Top each with 1 cream cheese ball, gently pushing into batter. Top with 1 level tablespoon batter, gently spreading to cover.

6 Bake for 18 minutes or until light golden and just firm to touch. Cool in pan.

7 Make Frosting Using an electric mixer, beat reserved cream cheese mixture and butter until light and fluffy. Gradually beat in icing sugar, 2 tablespoons at a time, until combined. Stir in lemon juice. Spoon frosting into a piping bag fitted with a 1cm fluted nozzle. Pipe onto cupcakes. Serve.

NUTRITION: (each) 274kJ; 39.5g fat; 26.8g sat fat; 6.6g protein; 68.9g carbs; 2.1g fibre; 97mg chol; 570mg sodium.

LEMON COCONUT
CHEESECAKE
CUPCAKES

THE INFO

\$1.08
EACH

PANNA COTTA AND JAFFA MOUSSE WITH BOOZY STRAWBERRIES

SERVES 6

PREP 25 MINUTES (PLUS 6 HOURS REFRIGERATION AND COOLING)

COOK 5 MINUTES

YOU'LL NEED 6 X 1¼-CUP-CAPACITY SERVING GLASSES.

200g dark chocolate, chopped

1 cup thickened cream

2 eggs, separated

⅔ cup caster sugar

1 tablespoon boiling water

3 teaspoons gelatine powder

2 tablespoons Cointreau

Extra 2¼ cups thickened cream

2¼ cups buttermilk

3 teaspoons vanilla extract

250g strawberries, hulled, diced

1 tablespoon icing sugar

1 Place dark chocolate in a microwave-safe bowl. Microwave on MEDIUM (50%), stirring with a metal spoon halfway through cooking, for 1 to 2 minutes or until smooth. Set aside for 5 minutes to cool.

2 Using an electric mixer, beat cream until soft peaks form. Wash and dry beaters. Using electric mixer, beat egg whites until soft peaks form. Add 2 tablespoons of the sugar. Beat until smooth and glossy.

3 Place boiling water in a small bowl. Sprinkle over 1 teaspoon of the gelatine. Whisk with a fork until gelatine is dissolved. Cool for 3 minutes.

4 Add egg yolks and half the whipped cream to melted chocolate. Stir to combine. Add gelatine mixture. Stir well to combine. Fold in remaining whipped cream. Fold egg white mixture into chocolate mixture, in 2 batches, or until combined. Fold in half the Cointreau.

5 Rest the sides of 6 x 1¼ cup-capacity serving glasses, on an angle, in the top of a 12-hole, ⅓ cup-capacity muffin pan. Carefully spoon chocolate mousse mixture into each glass, on one side, smoothing

top so it sets diagonally in glasses. Refrigerate for 2 hours or until firm.

6 Place extra cream, buttermilk, vanilla and remaining sugar in a small saucepan over medium-low heat. Cook, stirring, for 4 to 5 minutes or until almost simmering (do not boil). Pour into a heatproof jug. Sprinkle over remaining gelatine. Whisk until gelatine is dissolved. Set aside for 20 minutes to cool.

7 Remove glasses from muffin pan and stand upright on a tray. Pour panna cotta mixture into glasses, filling to sit level with the top of the chocolate mixture. Refrigerate for 4 hours, or overnight, until firm.

8 Place strawberries in a bowl. Add icing sugar and remaining Cointreau. Toss to coat. Set aside for 1 hour. Spoon strawberries into glasses. Serve.

NUTRITION: (per serve) 3651kJ; 64.3g fat; 40.4g sat fat; 13.2g protein; 58.1g carbs; 0.9g fibre; 214mg chol; 148mg sodium. ■



PANNA COTTA AND JAFFA MOUSSE WITH BOOZY STRAWBERRIES

THE INFO

+ SPECIAL OCCASION

\$3.52
PER SERVE

DAIRY & EGG-FREE CHOCOLATE CAKE



Amira says: This isn't just a good cake alternative for vegans. With its rich, indulgent coconut flavour and moist texture, it could well become your go-to chocolate cake

VEGAN CHOCOLATE CAKE

SERVES 12

PREP 15 MINUTES (PLUS COOLING AND 2 HOURS STANDING) **COOK** 55 MINUTES

375g packet dark compound cooking chocolate, chopped (see Amira's tips)

2 x 400ml cans coconut milk

1 teaspoon vanilla extract

2½ cups self-raising flour

2 teaspoons baking powder

1 cup firmly packed brown sugar

2 tablespoons cocoa powder

375g strawberries, hulled, halved

½ cup toasted coconut chips

1 Preheat oven to 200°C/180°C fan-forced. Grease a 6cm-deep, 20cm round cake pan. Line base and side with baking paper.

2 Place 150g of the chocolate, 2½ cups of the coconut milk and the vanilla in a microwave-safe bowl. Microwave on HIGH (100%), stirring every 30 seconds, for 1 minute 30 seconds or until mixture is smooth.

3 Sift flour, baking powder, sugar and cocoa into a large bowl. Make a well. Add chocolate mixture. Whisk to combine. Pour into prepared pan.

4 Bake for 50 minutes or until a skewer inserted into the centre of cake comes out clean. Stand in pan for 10 minutes. Turn onto a wire rack, top-side up, to cool completely.

5 Place remaining chocolate and coconut milk in a microwave-safe bowl. Microwave on HIGH (100%), stirring every 30 seconds, for 1 minute 30 seconds or until mixture is smooth. Stand for 2 hours to thicken slightly.

6 Split cake in half horizontally. Spread ½ the ganache over bottom half of cake. Top with remaining half. Spread remaining ganache over top of cake. Decorate with strawberries. Sprinkle with coconut. Serve.

NUTRITION: (per serve) 1922kJ; 21.2g fat; 16.2g sat fat; 6.9g protein; 59.8g carbs; 2.2g fibre; 0mg chol; 329mg sodium. ■

Amira says:

We used generic branded chocolate from the supermarket. Check all packaging carefully to make sure the chocolate you use contains no animal products.



ALLERGY VEGAN CHOCOLATE CAKE



VEGAN
CHOCOLATE CAKE

THE INFO

\$0.66
PER SERVE



CUTE ASI!



Emma says: It's taco Tuesday, but not as we know it! At your next kids' party, guests can stand and stuff these sweet too-neat-to-eat treats



TACO TIME!

THE INFO

+ KID FRIENDLY

\$0.35
EACH



TACO TIME!**MAKES 20****PREP 45 MINUTES****(PLUS COOLING AND FREEZING)****COOK 1 HOUR 30 MINUTES****1 egg white****¼ cup caster sugar****20g butter, melted****Lemon yellow gel food colouring****¼ cup plain flour****10 banana lollies****2 x 85g chocolate cupcakes****with icing, crumbled****21 red jubes, thinly sliced****21 green jubes, thinly sliced**

1 Preheat oven to 190°C/170°C fan-forced. Cut 2 x 30cm lengths of baking paper. Using a pencil and a 7cm round cutter as a guide, mark 2 circles, 5cm apart, on each piece of baking paper. Line 2 large baking trays with baking paper pieces, pencil-side down.

2 Whisk egg white in a bowl until foamy. Add sugar. Whisk to combine. Whisking constantly, add melted butter. Using food colouring, tint mixture yellow. Whisk until combined. Sift flour over mixture. Whisk until just combined.

3 Drop 1 teaspoon of batter onto the centre of 1 marked circle. Using a metal spatula and marked circle as a guide, spread batter to form a thin round. Repeat with remaining batter and marked circles on baking trays.

4 Bake rounds, 1 tray at a time, for 7 to 9 minutes or until just golden. Working quickly and using a spatula, lift rounds from tray and place on a 2cm diameter rolling pin, folding to form a taco shape (see Emma's tips). Stand for 5 minutes or until firm. Transfer to a wire rack. Repeat process with remaining batter to make 20 tacos (see Emma's tips).

5 Place banana lollies in freezer. Freeze for 10 minutes or until firm. Using a vegetable peeler, peel thin strips from banana lollies to form cheese. Fill tacos with cake crumbs to form mince and red and green jubes to form tomato and lettuce. Top with cheese. Serve. ■

Emma says:

+ I used a cake decorating rolling pin. You could use the handle of a wooden spoon.

+ Unfilled tacos can be made 2 days ahead and stored in an airtight container. Fill tacos with lollies up to 4 hours before serving.

CAKE TIME!



Emma says: This is just like the chocolate bar – a big mouthful of chewy, nutty, caramel goodness – but with the addition of lots of cake!



GIANT PICNIC CAKE

SERVES 40

PREP 1 HOUR 10 MINUTES (3 HOURS STANDING AND 50 MINUTES

REFRIGERATION) **COOK** 1 HOUR

YOU'LL NEED A 20CM X 50CM RECTANGULAR CAKE BOARD OR SERVING PLATE.

5 x 440g packets golden buttercake mix (see Emma's tip)

18 natural ice-cream wafers

Caramel Fudge Ganache

3 x 180g blocks white chocolate, chopped

200g packet jersey caramels, chopped

¾ cup pure cream

Brown gel food colouring

Milk Chocolate Ganache

750g milk chocolate, chopped

1 cup pure cream

Peanut Crackle

170g milk chocolate, chopped

¾ cup puffed rice

¾ cup unsalted roasted peanuts

2 x 46g Picnic bars, chopped

Buttercream

250g butter, softened

1 teaspoon vanilla bean paste

3 cups icing sugar mixture

1 tablespoon milk

1 Preheat oven to 180°C/160°C fan-forced. Grease three 20cm x 30cm lamington pans. Line bases and 2 long sides of each pan with baking paper, extending paper 2cm above edges of pan.

2 Prepare cakes in batches following packet directions. Pour batter evenly among prepared pans. Bake cakes for 45 minutes or until a skewer inserted into the centre of cakes comes out clean. Stand in pans for 5 minutes. Turn, top-side up, onto a wire rack lined with baking paper. Cool completely.

3 Make Caramel Fudge Ganache Place chocolate, caramels and cream in a medium saucepan over low heat. Cook, stirring, for 10 minutes or until mixture is smooth and just comes to the boil. Remove from heat. Using food colouring, tint ganache a caramel colour. Set aside for 2½ hours or until ganache has cooled and is thick enough to spread.

4 Meanwhile, make Milk Chocolate Ganache Place chocolate in a large heatproof bowl. Place cream in a small saucepan over medium heat. Bring to a simmer (do not boil). Pour hot cream over chocolate in bowl. Stir until chocolate has melted and mixture is combined. Set aside for 2 hours or until ganache is cool and a thick, pourable consistency.

5 Make Peanut Crackle Place chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 2 minutes or until smooth. Stand for 2 minutes. Combine puffed rice and roasted peanuts in a medium bowl. Add melted chocolate. Stir until well combined. Stir in Picnic bars. Spoon mixture onto a baking tray lined with baking paper. Set aside for 30 minutes or until firm. Break peanut crackle into small pieces no bigger than 2.5cm.

6 Make Buttercream Using an electric mixer, beat butter and vanilla for 8 to 10 minutes or until light and fluffy. Gradually add icing sugar, beating until well combined. Add milk. Beat until combined.

7 Trim tops of each cake to level. Trim sides of cakes to remove crusts. Cut 2cm off 1 long side of each cake. Discard trimmings. Place 1 cake on centre of cake board or serving plate. Spread top with ¼ cup buttercream. Arrange ½ the wafers in a single layer over buttercream, pressing gently to secure. Spread ⅔ cup remaining buttercream evenly over wafers. Top with 1 cake, pressing gently to secure. Spread with ¼ cup remaining buttercream. Top with remaining wafers. Spread remaining buttercream evenly over wafers. Top with remaining cake.

8 Spoon caramel ganache onto cake. Spread evenly over top and sides of cake. Place peanut crackle pieces over top and sides of cake, pressing lightly to secure. Refrigerate cake for 20 minutes or until caramel is firm. (Caramel may slide down the sides of cake as it cools. Use a spatula to spread it back onto the sides of cake.)

9 Pour chocolate ganache over top of cake, allowing it to fall down the sides to cover. Use a spatula to spread ganache over any uncovered parts of the cake. Refrigerate for 30 minutes or until set.

10 Using a spatula, scrape excess ganache from board and wipe with damp paper towel. Refrigerate. Serve (see Emma's tip). ■

Emma says:

+ Keep icing sachets for another use.

+ Cake can be assembled 1 day ahead.

Cover and refrigerate. Stand cake at room temperature for 1 hour before serving.



GIANT PICNIC CAKE

THE INFO

+ SPECIAL
OCCASION

\$1.61
PER SERVE



RECIPE recollections

Natalie Oldfield was so inspired by the food of her grandmothers, she's written a book celebrating the stories and recipes of nannas around the world. This Plum Torte is from her book, *Love & Food at Gran's Table*.

'Spending time with Nanna Rita was always a treat! She only had three grandchildren so we were very spoilt and she always made you feel very special with the effort she had gone to. The food would be prepared and covered with a cloth awaiting your arrival, and once the initial chat was over, out would come all the delicious offerings.

Nanna Rita was well known for her scones – goodness knows how many times she'd made a batch for neighbours, family and friends – but her Plum Torte was always a favourite of my mine. Served warm with ice-cream or cream, it's easy to make and is so special, no matter the occasion.'

Natalie Oldfield, Rita's granddaughter

CLOCKWISE FROM TOP:
MY SISTER, MICHELLE, AND I WITH NANNA RITA;
RITA SITTING BY THE MISSION BAY FOUNTAIN
IN NEW ZEALAND; NANNA RITA LOOKING GLAM.

RYTA'S PLUM TORTE

SERVES 6

**PREP 20 MINUTES (PLUS 10 MINUTES
STANDING) COOK 55 MINUTES**

8 canned plums

115g butter, softened

½ cup caster sugar

2 eggs, separated

1 tablespoon milk

1 cup plain flour, sifted

1 teaspoon baking powder, sifted

½ cup flaked almonds

Icing sugar and whipped cream, to serve

1 Preheat oven to 180°C/160°C fan-forced. Grease a 2cm-deep, 13cm x 36cm loose-based fluted tart pan.

2 Cut plums in half. Remove and discard stones. Drain on paper towel.

3 Using an electric mixer, beat butter and sugar until light and fluffy. Add egg yolks and milk. Beat to combine. Fold in sifted flour and baking powder.

4 Wash and dry beaters. In a clean bowl, beat egg whites until soft peaks form. Using a butter knife, gently fold egg whites into batter. Spoon into prepared pan. Level surface. Place plums on top, cut-side down. Sprinkle with almonds.

5 Bake for 45 to 55 minutes or until golden and just firm to touch. Cool in pan for 10 minutes. Transfer to a serving plate. Dust with icing sugar. Serve warm with whipped cream.

NUTRITION: (per serve) 2094kJ; 33.2g fat; 18.3g sat fat; 7.4g protein; 43.6g carbs; 1.9g fibre; 119mg chol; 282mg sodium. ■

More to love:

Natalie's *Love & Food at Gran's Table* (\$49.95, PQ Blackwell) brings together 120 recipes from grans all over the world.





on raw edge.
pressed edge.

AWSTRING OR CORD
Retracting or cord from getting stuck in the seam
as it's inserted. Use fusible web or machine-
anchor them to garment within the basing area. Be
remove basing after casing is finished.

3. Press up hem.
Press under 1/4" (6mm) on raw edge.
Sew close to inner pressed edge.

3. Press up hem.
Press under 1/4" (6mm) on raw edge.
Sew close to inner pressed edge.

THE INFO

\$1.09
PER SERVE



SUPER SHELF

Check out these great products in shops and supermarkets



Back to basics

Love a shortcut? Pop Campbell's new Real Soup Bases, \$4.99, in your trolley! The soup bases are made from Campbell's Real Stock and are mixed with herbs and spices to create Italian, Moroccan and Asian flavours. Find them in Woolworths and Coles.



Double dipping

A dessert favourite for years, Pauls Custard is available in a range of flavours and sizes. The Double Thick French Vanilla Custard, \$5.39 for 900g, can be enjoyed with dessert, or used for cooking puddings, cakes or pastries. Visit pauls.com.au.



The essential ingredient

The BRITA 3-Way filter tap removes impurities from your water and brings out the best in any dish. At the turn of a lever, you can enjoy BRITA filtered water, and hot and cold water on demand. For more information visit betterwithbrita.com.



Natural boost

Blooms Natural Vitamin C Powder is a convenient way to take vitamin C and can easily be added to your food and drink. Completely natural, and free from sugar and preservatives, it's made in Australia from South American-grown acerola cherries. Visit bloomshealth.com.au.



Smooth snack

Resting on a bed of desiccated coconut, Jalna Pure Yoghourt with Coconut, \$3.07 for a 200g tub, is perfect for a delicious breakfast on the go, snack or dessert. It's pot set, has a naturally sweet and creamy taste, and is a good source of calcium and probiotic cultures. Find it in Coles and Woolworths.



Keen for beans

The new Heinz Bean Creationz range, \$2.99 for 420g, is heating things up in the kitchen. With flavours such as Fiery Mexican and Spanish-style beans, you can enjoy the soup as is, or use as a base in one of Heinz's recipe suggestions. Visit heinz.com.au.



Thai style

Valcom's authentic Thai Green Curry Paste, \$4.29, is a handy staple to keep in the pantry. Apart from using it in traditional Thai dishes, you can also rub it into barbecued meats, roast chicken and grilled fish, add it to rissoles, or mix it through soups. Find it in supermarkets. Visit oriental.com.au.



Benchtop buddy

Made in France, the Tefal Cuisine Companion is a multi-functional food processor that replaces up to 10 kitchen appliances. With six automatic programs, including soup and slow cook options, it's your perfect companion for winter cooking, whether you're a pro or a novice. Visit tefal.com.au.



Spread the love

Macabella Choc Macadamia Spread, \$5.82, is infused with ground macadamias to give the smooth velvety spread some extra crunch! Heavenly all on its own, you can also spread it thickly on toast or croissants, or drizzle it over pancakes or crepes. Find it in Coles and Woolworths.

SHOW YOU CARE

ABOUT BEATING
CANCER

WEAR A CANCER
COUNCIL PIN THIS
DAFFODIL DAY

Friday 28 August

daffodilday.com.au

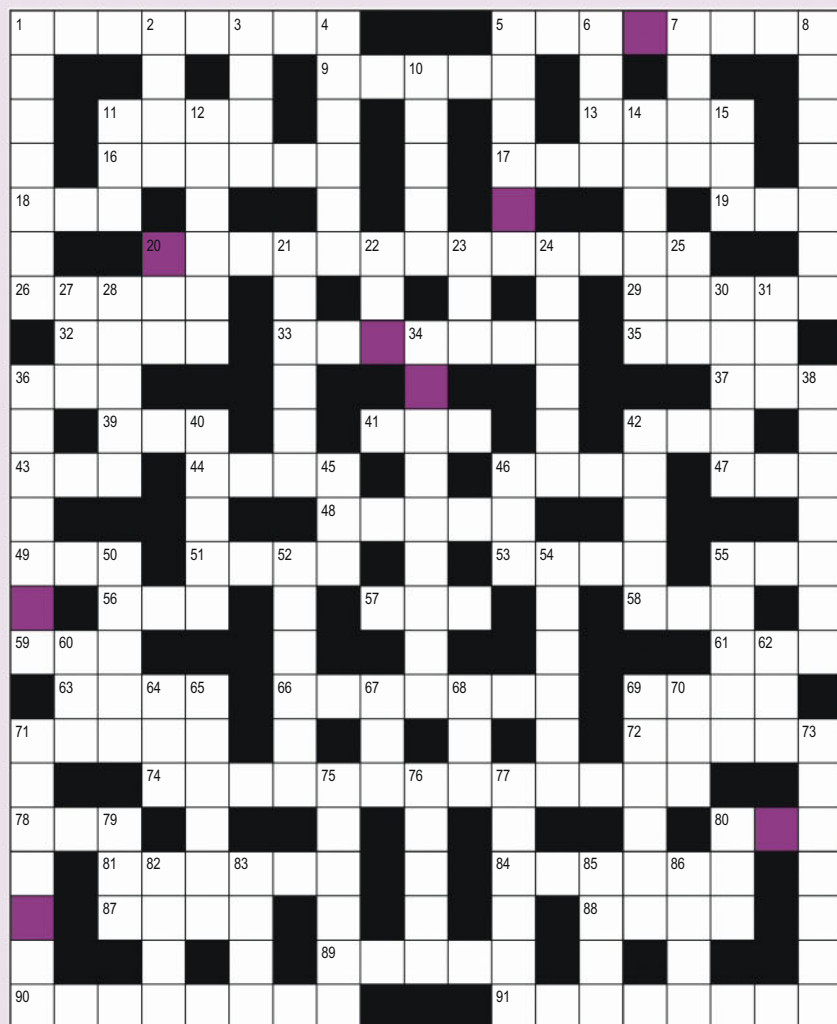


Cancer
Council

Daffodil
Day

PUZZLES

CROSSWORD WHEN THE CROSSWORD IS COMPLETE, THE COLOURED BOXES SPELL OUT A MYSTERY WORD.



ACROSS

- 1 Wild prank
- 5 Sleeping chambers
- 9 Humid
- 11 Mode of walk
- 13 Carnival
- 16 Trial
- 17 Shellfish
- 18 Baton
- 19 Healthy beverage, green ...
- 20 Spoon-feeding
- 26 Common cereal
- 29 Stopped
- 32 Says further
- 33 Long-snouted monkeys
- 35 Single combat
- 36 Free-range or barn-laid product
- 37 Wide blue yonder
- 39 Supplement, ... out
- 41 Had food
- 42 Chinese frypan
- 43 Bean container
- 44 Rigid support
- 46 Shakespeare's King ...
- 47 Jet-bath
- 48 Consumption
- 49 Travelling salesman
- 51 Utter (cry)
- 53 Patch (sock)
- 55 Provide with personnel
- 56 The H of HMV
- 57 Tender (for)
- 58 File lawsuit
- 59 Caribbean or Mediterranean
- 61 Tomato colour
- 63 Small vipers
- 66 Curdle
- 69 Knitting style, ... Isle
- 71 Groom feathers
- 72 Lead-in
- 74 Rebuilt area
- 78 Adjudicator
- 80 Restaurant bill
- 81 Annoying
- 84 Quickly
- 87 Relax
- 88 Storybook monster
- 89 Remove completely
- 90 Campaigner for change
- 91 Tottered

DOWN

- 1 Facial tuft
- 2 A distance
- 3 Poker stake
- 4 Give job to
- 5 Secondary route
- 6 Follows relentlessly
- 7 Stare lustfully at
- 8 Race official
- 10 Hearty enjoyment
- 11 Immortal being
- 12 Nitwits
- 14 Did penance (for)
- 15 Skill
- 20 Crackers
- 21 Sex drive
- 22 Corn on the ...
- 23 Musical twosomes
- 24 House renter
- 25 Wildebeest
- 27 Witch
- 28 Inched
- 30 School tables
- 31 Large deer
- 34 Outstripping
- 36 Hotshots
- 38 Pined (for)
- 40 Fencing weapons
- 42 Tiny birds
- 45 Set (aside)
- 46 Headed
- 50 Stage
- 52 Frozen water spike
- 54 Safe haven
- 55 Deserve
- 60 Listening organ
- 62 Slip up
- 64 By means of
- 65 Skulks
- 67 Formerly known as
- 68 Self-image
- 69 Penalisising
- 70 Picnic pest
- 71 Spouse
- 73 Flew around (planet)
- 75 More ill-defined
- 76 S American animal
- 77 Marionette
- 79 Conifer
- 80 Foot digit
- 82 Rewrite (essay)
- 83 Object
- 85 Mud-like sediment
- 86 Wood source

SOLUTION:

SUDOKU

Every number from 1 to 9 must appear in a square in every row, column and 3x3 box.



JULY ISSUE'S SOLUTIONS

Issue 171, Sudoku (below left)
Issue 171, Crossword (below right):
Swiss cheese



Lovatts
www.lovattspuzzles.com



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personal and it's
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